

# GROUP TRAINING **FALL** 2023

## (September 18 – December 8, 2023)

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Training Room	Conditioning Floor	Training Room	Conditioning Floor	Training Room	Conditioning Floor	Training Room	Conditioning Floor	Training Room	Conditioning Floor
<b>SENIOR BOOTCAMP BEGINNER</b> 12 PM – 1 PM		<b>PILATES</b> 12 PM – 1 PM	<b>40+ LIFTING</b> 12 PM – 1 PM	<b>SENIOR BOOTCAMP ADVANCED</b> 12 PM – 1 PM		<b>TAI CHI BEGINNER</b> 12 PM – 1 PM	<b>40+ LIFTING</b> 12 PM – 1 PM	<b>ZUMBA</b> 12:15 – 1:00 PM	
		<b>YOGA</b> 1 PM – 2 PM				<b>SPINNING</b> 1:30 – 2:30 PM		<b>SPINNING</b> 1:15 – 2:15 PM	
						<b>SPINNING-BEGINNER</b> 2:30 – 3:30 PM		<b>CIRCL MOBILITY/PILATES</b> 2:30 – 3:30 PM	
				<b>PILATES</b> 4 PM - 5 PM		<b>ZUMBA</b> 5 PM – 6 PM			
<b>ZUMBA</b> 7 PM – 8 PM		<b>AEROBICS</b> 6:15 – 7:15 PM	<b>POWER PULSE CIRCUIT</b> 6:30 – 7:30 PM	<b>ZUMBA</b> 7 PM – 8 PM		<b>CIRCL MOBILITY/PILATES</b> 6 PM – 7 PM	<b>POWER PULSE CIRCUIT</b> 6:30 – 7:30 PM		