


# Fitness Center Group Exercise Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>5am</b>	5:45 <span style="background-color: yellow;">Cycle (45)</span> Chandler	5:30 <span style="background-color: lightgreen;">HIIT FITT (30)</span> Sonya		5:30 <span style="background-color: lightgreen;">HIIT FITT (30)</span> Sonya	
<b>6am</b>	6:30 <span style="background-color: lightgreen;">Strength Training (45)</span> Sonya	6:30 <span style="background-color: lightgreen;">TRX (45)</span> Chandler	6:30 <span style="background-color: lightgreen;">Strength Training (45)</span> Logan	6:30 <span style="background-color: lightgreen;">TRX (45)</span> Chandler	
<b>8am</b>	8:00 <span style="background-color: lightgreen;">HeartStrong*</span> Logan 8:15 <span style="background-color: lightblue;">Low Impact Sculpt</span> Beth	7:30 <span style="background-color: lightcoral;">Beginner Yoga</span> Jameelah 8:45 <span style="background-color: lightcoral;">Tai Chi</span> Aviva	8:00 <span style="background-color: lightgreen;">HeartStrong*</span> Logan 8:15 <span style="background-color: lightblue;">Low Impact Sculpt</span> Isabelle	7:30 <span style="background-color: lightcoral;">Pilates</span> Isabelle 8:45 <span style="background-color: lightcoral;">Tai Chi</span> Aviva	8:00 <span style="background-color: lightgreen;">HeartStrong*</span> Nicole
<b>9am</b>	9:00 <span style="background-color: lightcoral;">Chair Yoga</span> Maya 9:15 <span style="background-color: lightgreen;">TRX (45)</span> Myles	9:00 <span style="background-color: lightblue;">Adult Conditioning</span> Logan	9:15 <span style="background-color: lightgreen;">TRX (45)</span> Alan	9:00 <span style="background-color: lightblue;">Adult Conditioning</span> Nicole 9:00 <span style="background-color: lightgreen;">Boot Camp (45)</span> Myles	9:15 <span style="background-color: lightgreen;">TRX (45)</span> Logan 9:30 <span style="background-color: lightcoral;">Adaptive Yoga 2</span> Maya
<b>10am</b>	10:00 <span style="background-color: lightgreen;">HeartStrong*</span> Myles 10:00 <span style="background-color: lightblue;">Functional Stretching (45)</span> Michael 11:00 <span style="background-color: lightcoral;">Tai Chi</span> Young	10:15 <span style="background-color: lightcoral;">Adaptive Yoga 1</span> Freddy	10:00 <span style="background-color: lightgreen;">HeartStrong*</span> Logan 10:00 <span style="background-color: lightblue;">Functional Stretching (45)</span> Michael	10:00 <span style="background-color: lightcoral;">Chair Yoga</span> Freddy	10:00 <span style="background-color: lightgreen;">HeartStrong*</span> Alan 10:00 <span style="background-color: lightblue;">Functional Stretching (45)</span> Myles
<b>11am</b>	11:15 <span style="background-color: lightblue;">COPD* (75)</span> Michael	11:00 <span style="background-color: lightgrey;">COPD* (40)</span> Micki 11:00 <span style="background-color: lightgreen;">Heart Fit*</span> Michael	11:15 <span style="background-color: lightblue;">COPD* (75)</span> Myles	11:00 <span style="background-color: lightgrey;">COPD* (40)</span> Alan 11:00 <span style="background-color: lightgreen;">Heart Fit*</span> Logan	11:00 <span style="background-color: lightgrey;">COPD* (40)</span> Myles
<b>12pm</b>	12:00 <span style="background-color: lightgreen;">Women's Strength Training (45)</span> Alan 12:15 <span style="background-color: lightcoral;">Zumba Gold (45)</span> Ingrid	12:15 <span style="background-color: lightgreen;">TRX (45)</span> Myles 12:45 <span style="background-color: yellow;">Cycle (45)</span> Jameelah	12:00 <span style="background-color: lightgreen;">Women's Strength Training (45)</span> Michael	12:15 <span style="background-color: lightcoral;">Zumba Gold (45)</span> Ingrid	12:45 <span style="background-color: lightcoral;">Power Yoga</span> Maya
<b>1pm</b>	1:00 <span style="background-color: lightcoral;">Functional Stretching (45)</span> Myles	1:00 <span style="background-color: lightblue;">Cancer Wellfit*</span> Michael	1:00 <span style="background-color: lightcoral;">Functional Stretching (45)</span> Michael		1:00 <span style="background-color: lightblue;">Cancer Wellfit*</span> Nicole
<b>2pm</b>			2:00 <span style="background-color: lightblue;">Pink*</span> Alan		2:00 <span style="background-color: lightblue;">Pink*</span> Micki
<b>4pm</b>	4:30 <span style="background-color: lightblue;">Extreme Bootcamp (45)</span> Reggie	4:30 <span style="background-color: lightgreen;">Strength Training (30)</span> Marquese	4:15 <span style="background-color: lightgreen;">Boxing (45)</span> Asher 4:30 <span style="background-color: lightblue;">Extreme Bootcamp (45)</span> Hassan	4:30 <span style="background-color: lightgreen;">Strength Training (30)</span> Marquese	4:30 <span style="background-color: lightgreen;">Extreme Bootcamp (45)</span> Freddy
<b>5pm</b>	5:00 <span style="background-color: lightgreen;">HeartStrong*</span> Asher 5:30 <span style="background-color: lightblue;">Step &amp; Sculpt (45)</span> Sidney 5:45 <span style="background-color: yellow;">Cycle (45)</span> Alethia	5:00 <span style="background-color: lightcoral;">Beginner Yoga</span> Maya 5:30 <span style="background-color: lightblue;">Cardio Dance</span> Isabelle 5:45 <span style="background-color: yellow;">Cycle (45)</span> Alethia	5:00 <span style="background-color: lightgreen;">HeartStrong*</span> Marquese 5:15 <span style="background-color: lightcoral;">Tai Chi</span> Ty 5:30 <span style="background-color: lightblue;">Hip Hop Dance Fusion</span> Isabelle	5:00 <span style="background-color: lightgreen;">HeartStrong*</span> Alex 5:00 <span style="background-color: lightcoral;">Women's Heart Yoga</span> Amanda 5:45 <span style="background-color: yellow;">Cycle &amp; Sculpt (45)</span> Walter	5:30 <span style="background-color: lightgreen;">TRX (45)</span> Marquese
<b>6pm</b>	6:30 <span style="background-color: lightcoral;">Intermediate Yoga</span> Maya 6:30 <span style="background-color: lightgreen;">TRX (45)</span> Marquese	6:00 <span style="background-color: lightgreen;">Cardio &amp; Core</span> Marquese 6:15 <span style="background-color: lightcoral;">Pilates (45)</span> Isabelle	6:30 <span style="background-color: lightcoral;">Intermediate Yoga</span> Maya 6:30 <span style="background-color: lightgreen;">TRX (45)</span> Asher	6:30 <span style="background-color: lightcoral;">Yoga</span> Melita	
	<b>Saturday</b>	<b>Sunday</b>		 <p style="text-align: center;">Last updated: 4/1/24</p>	
	8:15 <span style="background-color: yellow;">Cycle (45)</span> Chandler 9:15 <span style="background-color: lightcoral;">Pilates</span> Sidney 11:30 <span style="background-color: lightcoral;">Yoga</span> Melita	12:15 <span style="background-color: lightgreen;">Strength Training (45)</span> Various 1:00 <span style="background-color: lightgreen;">Cancer Wellfit*</span> Alex 1:15 <span style="background-color: lightcoral;">Tai Chi</span> Ty 2:00 <span style="background-color: lightblue;">Pink*</span> Alex 2:30 <span style="background-color: lightcoral;">Beginner Yoga</span> Maya			