













Northeast Courthouse

GROUP EXERCISE SCHEDULE

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
	Body Pump Denise 6:00 am	Xtreme 10 Kelly 6:00 am	Body Pump Denise 6:00 am	Xtreme 10 Dillon 6:00 am	Body Pump Denise 6:00 am		
	 SPINNING Kelly 6:00 am	 SPINNING Beth 6:00 am	 SPINNING Temple 6:00am	 SPINNING Beth 6:00am	 SPINNING Candice 6:00 am		
	Water Toning James 7:45 am		Water Toning James 7:45 am		Water Toning James 7:45 am		
	Pilates Tanya 8:15 am	Body Pump Teresa 8:15 am	Pilates Tanya 8:15 am	Pilates Tanya 8:15 am			
	 SPINNING Melanie 8:30 am		 SPINNING Jopi 8:30 /9:30		 SPINNING Jopi 8:30 am	 SPINNING Kelly 8:30 am	
	Xtreme 10 Lori 9:00 am	Xtreme 10 Venecca 9:00	Xtreme 10 Melanie 9:00 am	Xtreme 10 Angela 9:00 am	Xtreme 10 Whitney 9:00 am	Ab Express Angela/Cheri 9:00	
		DeepWater Melva 9:00 am	Deep Water Teresa 9:00 am	Deep Water Melva 9:00 am			
		Choreobics Dance Groves Roger / Tina 10:00 am	Walking & Talking Teresa 10:00 am		Body Pump Teresa 9:45 am	Sport Zone Angela/Cheri 9:15 am	
	Pooliates & Walking Robin 10:30 am				Water Walking Plus Weights Teresa 10:30 am		
	Cardio Silver Sneakers Melva 11:00am	Silver Sneakers 11:00 am		Silver Sneakers 11:00 am		Yoga Jean 10:00 am	
							Water Areobics Doc 2:00 pm
							 SPINNING Tripp/ Kelly 3:00 pm
	Ab Express Angela 5:30 pm		Body Pump Amy 5:30 pm		Choreobics Dance Off Roger & Tina 5:30pm		Body Pump Cheri / Kelly 4:00 pm
	 SPINNING Tripp 5:30 pm						Extreme Yoga Lynn/Donna—5:00
	Water Kickboxing Karen 5:30 pm	Shallow Water Karen 5:30		Shallow Water Doc 5:30 pm			
	Step Express Angela 5:45 pm	Ab Express Cheri 5:45 pm		Turbo Kick Venecca 5:45 pm			
		 SPINNING Marika 6:00 / 7:00	 SPINNING Kelly 6:00 pm	 SPINNING Tripp 6:00 pm			
	Body Pump Harry / Kelly 6:30 pm	Turbo Kick Angela 6:00 pm	Step Express Angela 6:30 pm	Ab Express Venecca 6:30 pm			
	Choreobics Dance Off Roger & Tina 7:30 pm	Yoga Jean 7:00 pm	Yoga Jean 7:15 pm	Yogalates Jean 7:00 pm			



Indoor
Cycling
Class

Water
Class

