September 2022 Group Exercise Schedule

**MONDAY**
- Cycle 6:30 am Barbara
- Weights & More 7:30 am Taylor
- Vinyasa Flow Yoga 9:00 am Lori
- Boot Camp 10:30 am Lori
- Silver Sneakers 11:00 am Taylor
- Chair Yoga 12:00 pm Lori
- Surfset 5:30 pm Peter Pan
- Cardio Kickboxing 6:30 pm Peter Pan

**TUESDAY**
- Cycle 6:30 am Barbara
- Weights & More 7:30 am Taylor
- Cardio Mix 9:00 am Taylor
- Zumba 10:00 am Hanan
- Silver Sneakers 11:00 am Taylor
- RPM 5:30 pm Chelsea

**WEDNESDAY**
- Cycle 6:30 am Barbara
- Weights & More 7:30 am Taylor
- Funky Flow Yoga 9:00 am Lori
- Low & Slow Flow Yoga 9:00 am Lori
- Silver Sneakers 11:00 am Taylor
- BodyPump 6:30 pm Chelsea

**THURSDAY**
- Cycle 6:30 am Barbara
- Weights & More 7:30 am Taylor
- Cardio Mix 9:00 am Taylor
- Silver Sneakers 11:00 am Taylor
- Boot Camp 6:00 pm Austin

**FRIDAY**
- Cycle 7:00 am Barbara
- Weights & More 7:30 am Taylor
- Low & Slow Flow Yoga 9:00 am Lori
- Silver Sneakers 11:00 am Taylor
- Surfset 5:30 pm Peter Pan

**SATURDAY**
- Restorative Yoga 8:00 am Lori
- Zumba 10:00 am Hanan

**SUNDAY**
- Brain Breaks