

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM		eXtreme Workout		eXtreme Workout		
8:00 AM	Spin	Zumba	Spin	Zumba	Spin	
8:30 AM	Circuit		Circuit		Circuit	
9:00 AM						eXtreme Workout
9:30 AM	SilverSneakers	Yoga	SilverSneakers	Yoga	Yoga	
10:00 AM						
10:30 AM	SilverSneakers		SilverSneakers			
11:00 AM					Chair Yoga	
12:00 PM	Bootcamp	Bootcamp	Bootcamp	Bootcamp	Bootcamp	
4:30 PM	eXtreme Workout	eXtreme Workout	eXtreme Workout	eXtreme Workout		
5:30 PM	Zumba — eXtreme Workout	Zumba — eXtreme Workout	eXtreme Workout	Zumba — eXtreme Workout		
6:30 PM	eXtreme Workout	Stretch&Flow — eXtreme Workout	eXtreme Workout	Stretch&Flow — eXtreme Workout		
7:00 PM						

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM		eXtreme Workout		eXtreme Workout		
8:00 AM	Spin	Zumba	Spin	Zumba	Spin	
8:30 AM	Circuit		Circuit		Circuit	
9:00 AM						eXtreme Workout
9:30 AM	SilverSneakers	Yoga	SilverSneakers	Yoga	Yoga	
10:00 AM						
10:30 AM	SilverSneakers		SilverSneakers			
11:00 AM					Chair Yoga	
12:00 PM	Bootcamp	Bootcamp	Bootcamp	Bootcamp	Bootcamp	
4:30 PM	eXtreme Workout	eXtreme Workout	eXtreme Workout	eXtreme Workout	Thanksgiving Holiday Schedule Wednesday 11/26 Gym Open 4am-8pm, No KidZone, No Group X Thursday 11/27 Gym Closed Friday 11/28 Gym Open 8am-4pm, No KidZone, No Group X	
5:30 PM	Zumba — eXtreme Workout	Zumba — eXtreme Workout	eXtreme Workout	Zumba — eXtreme Workout		
6:30 PM	eXtreme Workout	Stretch&Flow — eXtreme Workout	eXtreme Workout	Stretch&Flow — eXtreme Workout		
7:00 PM						