

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30AM		eXtreme Workout		eXtreme Workout		
8:00AM	Zumba			Zumba		
8:30AM	<u>Spin</u> Circuit		<u>Spin</u> Circuit		<u>Spin</u> Circuit	
9:00AM	SilverSneakers		SilverSneakers			eXtreme Workout
9:30AM		Yoga		Yoga	Yoga	
10:00AM	SilverSneakers — Water Aerobics	Water Aerobics	SilverSneakers — Water Aerobics	Water Aerobics	Water Aerobics	
11:00AM					Chair Yoga	
12:00PM	Bootcamp	Bootcamp	Bootcamp	Bootcamp	Bootcamp	
4:30PM	eXtreme Workout	eXtreme Workout	eXtreme Workout	eXtreme Workout		
5:30PM	<u>Zumba</u>  <u>—</u> eXtreme Workout	<u>Zumba</u>  <u>Spin</u> eXtreme Workout	eXtreme Workout	<u>Zumba</u>  <u>Spin</u> eXtreme Workout		
6:30PM	eXtreme Workout	Yoga — eXtreme Workout	eXtreme Workout	Yoga — eXtreme Workout		
7:00PM		Water Aerobics		Water Aerobics		

Friday eXtreme Workout classes will resume 8/23/24