



## Group Exercise Schedule

**Labor Day | Monday, September 7, 2015**

Time	Class	Instructor	Location
8:30am – 9:25am	Zumba	Ramon	Group Exercise Studio
9:00am – 9:55am	Flow Yoga	Amy	GYM
9:30am – 10:25am	Triple Zen	Carol	Group Exercise Studio
9:30am – 10:25am	Circuit Training	Justin	RB# 4
10:00am – 11:15am	Flow Yoga	Erika	GYM
10:30am – 11:25am	Sculpt with Ball	Stacy	Group Exercise Studio
11:30am – 12:15pm	Family Yoga	Erika	GYM
1:00pm -- 1:55pm	Balance & Strength	Luci	Group Exercise Studio
1:00pm – 1:55pm	Bootcamp	Karolina	Meet in GE Hallway, will be outside
1:00pm – 1:45pm	Aqua Flex & Stretch	Roz	Indoor Pool
2:00pm – 2:25pm	CXWORX	Karolina	Group Exercise Studio
2:30pm – 3:25 pm	SPIN	Karolina	Group Exercise Studio

