

Group Exercise Class Schedule

Monday

- 1130 - CardioXtrainer
- 1730 - Combined Step
- 1830 - Spinning

Tuesday

- 1130 - CardioXtrainer
- 1730 - Cardio Kickboxing
- 1830 - Pilates

Wednesday

- 1130 - CardioXtrainer
- 1730 - Step/Weight Training
- 1830 - Spinning

Thursday

- 1130 - Cardio PowerFlex
- 1730 - Cardio/Circuit Training
- 1830 - Yoga

Friday

- 1130 - CardioXtrainer

Saturday

- 0800 - Pilates
- 0915 - Cardio XTrainer

Current as of April 2010

For more information, call 677-3963

