



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Alternate Group Exercise Schedule Due to Annual Maintenance Thurs. Aug. 19-Sun. Aug. 22

Thursday, August 19

| | | |
|----------------|--|---------|
| 9:15-10:15 am | Studio Cycling | Nicole |
| 9:15-10:15 am | Yoga/Pilates on the Ball- Int/Advanced (MA) | Jeannie |
| 11:05-12:00 pm | Yoga/Pilates Fusion- (MA) | Karin |
| 12:00-12:45 pm | Let's Ride- Active Older Adults | Garrett |
| 6:00-6:50 pm | Rock 'N' Ride | Jim |

Friday, August 20

| | | |
|----------------|-----------------------|------|
| 5:45-6:45 am | Ride & Shine | Lori |
| 9:15- 10:15 am | Studio Cycling | Liz |
| 10:15-11:15 am | Power Hour (MP A & B) | Pam |

Saturday, August 21

| | | |
|---------------|---------------------|---------|
| 8:30-9:20 am | Studio Cycling | Erin H. |
| 8:30-9:30 am | Mat-Flex (MP A & B) | Debbie |
| 9:30-10:30 am | Studio Cycling | Alicia |

Sunday, August 22

| | | |
|--------------|---------------------------|------|
| 4:00-5:00 pm | Yoga/ Pilates Fusion (MA) | Tina |
|--------------|---------------------------|------|

We will resume our regular schedule on Monday August 23rd. The Labor Day schedule will run Friday September 3- Monday September 6th. The Fall schedule will start Tuesday September

Thank you for your patience during maintenance week.