



GROUP EXERCISE SCHEDULE

(Effective October 2, 2017)



Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am	WARRIOR BOOTCAMP <i>(Full Club Member or punch card)</i>	Bootcamp 101 <i>(60 min. w/Val)</i>	WARRIOR BOOTCAMP <i>(Full Club Member or punch card)</i>	Bootcamp 101 <i>(60 min. w/Val)</i>	WARRIOR BOOTCAMP <i>(Full Club Member or punch card)</i>	
6:30am		Synrgy 360 <i>(30 min. w/Eric)</i>		Synrgy 360 <i>(30 min. w/Eric)</i>		
8:30am	WARRIOR BOOTCAMP <i>(Full Club Member or punch card)</i>	Cycle Express <i>(45 min. w/Cindy)</i>	WARRIOR BOOTCAMP <i>(Full Club Member or punch card)</i>	Cycle Express <i>(45 min. w/Courtney)</i>	WARRIOR BOOTCAMP <i>(Full Club Member or punch card)</i>	WARRIOR BOOTCAMP <i>(Full Club Member or punch card)</i>
8:30am	Strength & Resistance <i>(45 min. w/Kathy)</i>		TRX + CARDIO FUSION <i>(60 min. w/Cindy)</i>	1st & 3rd Thursday TRX <i>(45 min. w/Kathy)</i>	Strength & Resistance <i>(45 min. w/Kenzi)</i>	
8:30am				2nd & 4th Thursday Kickboxing <i>(45 min. w/Kathy)</i>		
9:00am		Cardio Tennis <i>(tennis fees apply)</i>			Cardio Tennis <i>(tennis fees apply)</i>	ZUMBA <i>(60 min.)</i>
9:00am						Cardio Tennis <i>(tennis fees apply)</i>
9:30am	SENIOR FITNESS <i>*Beginner level. Open to all ages. (60 min. w/Eric)</i>	Yoga <i>(60 min. w/Lydia)</i>	SENIOR FITNESS <i>*Beginner level. Open to all ages. (60 min. w/Cindy)</i>	Yoga <i>(60 min. w/Lydia)</i>		
 12:00pm-12:40pm		WARRIOR "EXPRESS" <i>*40 minute class (Full Club Member or punch card)</i>		WARRIOR "EXPRESS" <i>*40 minute class (Full Club Member or punch card)</i>		
3:15pm	WARRIOR BOOTCAMP <i>(Full Club Member or punch card)</i>		WARRIOR BOOTCAMP <i>(Full Club Member or punch card)</i>			
4:30pm	WARRIOR BOOTCAMP <i>(Full Club Member or punch card)</i>		WARRIOR BOOTCAMP <i>(Full Club Member or punch card)</i>			
5:00pm		ZUMBA <i>(60 min. w/Brenda)</i>		ZUMBA <i>(60 min. w/Mindy)</i>	WARRIOR BOOTCAMP <i>(Full Club Member or punch card)</i>	
5:30pm	Kickboxing <i>(45 min. w/Breanna)</i>		Kickboxing <i>(45 min. w/Breanna)</i>			
6:00pm	WARRIOR BOOTCAMP <i>(Full Club Member or punch card)</i>	Cardio Tennis <i>(tennis fees apply)</i>	WARRIOR BOOTCAMP <i>(Full Club Member or punch card)</i>			
6:00pm	Step - n - Tone <i>(45 min. w/Krista)</i>	TRX EXPRESS <i>(30 min. w/Eric)</i>		KETTLEBELL EXPRESS <i>(30 min. w/Alec)</i>		
6:30pm		Cycle <i>(60 min. w/Erica)</i>		Cycle <i>(60 min. w/Kenzi)</i>		