



GROUP EXERCISE SCHEDULE

(Effective December 4, 2017)

*Must be Full Club Member or Warrior Punch card to attend

WARRIOR BOOTCAMP or **WARRIOR "EXPRESS"**.

★ -Denotes New Class

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