

# G R O U P F I T N E S S E S

TIMES	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:30/5:45 AM		Circuit Robin 5:45-6:15 am	Step Laura 5:30-6:00 am	Circuit Robin 5:45-6:15 am	Step Julie/Dola 5:30-6:00 am			
6:00/6:30 AM	Step Julie/Dola 6:00-7:00 am		Group Power Laura 6:00-7:00 am		Group Power Tami 6:00-7:00 am			
7:15 AM	Low Impact Ann 7:15-8:15 am		Low Impact Jacque 7:15-8:15 am		Low Impact Ann 7:15-8:15 am			
8:00 / 8:15 AM	Senior Water Aerobics/Pam M. 7:15-8:00 am		Senior Water Aerobics/Pam M. 7:15-8:00 am		Senior Water Aerobics/Pam M. 7:15-8:00 am		Step & Strengthen Deb 8:15-9:45 am	
8:30/9:00 AM	Water Aerobics Pam M. 9:00-10:00 am		Water Aerobics Pam M. 9:00-10:00 am		Water Aerobics Pam M. 9:00-10:00 am	Zumba Gwenda 8:30-9:30 am	FCC Club Fit Scott(meets in gym) 8:30-9:30am	
9:00/9:45 AM	Group Power Pam H. 9:00-10:00 am	Step Interval Tess 9:00-10:00 am	Bodyshapers Pam H. 9:00-10:00 am	Step Interval Emily 9:00-10:00 am	Bodyshapers Pam H. 9:00-10:00 am	Group Power Julie/Dola 9:45-10:45 am		
10:00 AM	Hi-Low Cardio Pam H. 10:00-10:30 am	Dance Fusion Emily 10:00-11:00 am	Hi-Low Cardio Pam H. 10:00-10:30 am	Group Power Lacey 10:00-11:00 am	Zumba Pam H. 10:00-10:45 am			
11:00 AM					Nia Jana 11:00 am- Noon	Cardio Kickbox Julie/Melissa 11:00am - Noon		
12:15 PM	Group Power Laura/Lacey 12:15-1:15 pm	Group Power Kris/Grace 12:15-1:15 pm	Group Power Theresa 12:15-1:15 pm	Step Explosion Laura 12:15-1:15 pm	Zumba Gwenda/Alyssa 12:15-1:15 pm		Power Sculpt Lacey/Tess 12:15-1:15 pm	
1:30 PM	Senior Water Aerobics Melissa 1:30-2:15 pm	Senior Low Impact Marqie 1:30-2:15 pm	Senior Water Aerobics Melissa 1:30-2:15 pm	Senior Low Impact Marqie 1:30-2:15 pm				
4:00/4:15 PM	Group Power Julie/Dola 4:15-5:15 pm	Zumba Cecilia 4:00-5:00 pm	Step Jack 4:15-5:15 pm	Zumba Geneva 4:00-5:00 pm	Step Interval Jack 4:15-5:15 pm			
5:15/5:30 PM	Step Explosion Deb 5:30-6:30 pm	Power Sculpt Lisa 5:15-6:15 pm	Group Power Jessica 5:30-6:30 pm	Power Sculpt Lisa 5:15-6:15 pm	Group Power Jessica/Heather 5:30-6:30 pm			
5:30 PM	Water Aerobics Pam M. 5:30-6:30 pm		Water Aerobics Pam M. 5:30-6:30 pm					
6:15/6:30 PM	Three B's Deb 6:30-7:00 pm	Cardio Kickbox Julie/Dola 6:15-7:15 pm	Step Jessica 6:30-7:00 pm	Cardio Kickbox Julie/Dola 6:15-7:15 pm				
7:05/7:15 PM	NIA Jana/Barbara 7:05-8:05 pm		Zumba Gwenda/Maria 7:15-8:15 pm					