



GROUP FITNESS SCHEDULE

SUNDAY

TIME	CLASS NAME	LOCATION	INSTR.
9:15-10:15am	Power Pilates	Aerobics Room	Helena
10:30-11:30am	Total Body Blast	Aerobics Room	Sandy

MONDAY

TIME	CLASS NAME	LOCATION	INSTR.
8:45-10am	Firm It Up	Aerobics Room	Linda
9:45-10:45am	Aquasize	Indoor Pool	Kathy
10-11am	Vinyasa Yoga	Yoga Room	Helena
10:45-11:45am	SS* Circuit	Aerobics Room	Kathy
5:15-5:55pm	Fast and Fit	Aerobics Room	Sandy

TUESDAY

TIME	CLASS NAME	LOCATION	INSTR.
9:15-10:15am	Power Pilates	Aerobics Room	Helena
10-11am	SS* Splash	Indoor Pool	Don
10:30-11:30am	SS* Circuit	Aerobics Room	Sandy
10:30-11:30am	Functional Flexibility	Yoga Room	Kitt
7-8pm	Aikido	Aerobics Room	Norman Billy

WEDNESDAY

TIME	CLASS NAME	LOCATION	INSTR.
8:45-10:00 am	Firm It Up	Aerobics Room	Linda
10:00-11:00 am	Sun Flow Yoga	Yoga Room	Helena
10:30-11:30 am	Silver Step	Aerobics Room	Sandy
4:30-5:10 pm	Fast & Fit	Aerobics Room	Kat
6:00-6:40 pm	H.I.I.T	Aerobics Room	Don

*SS-Silver Sneakers Class (Learn more online at www.SavannahJEA.org)

THURSDAY

TIME	CLASS NAME	LOCATION	INSTR.
9:15-10:15am	Barre Sculpt Express	Aerobics Room	Helena
10-11am	Aquasize	Indoor Pool	Kim
10:30-11:30am	SS* Circuit	Aerobics Room	Don
5:15-5:55pm	Fast and Fit	Aerobics Room	Kat
7-8pm	Aikido	Aerobics Room	Norman Billy

FRIDAY

TIME	CLASS NAME	LOCATION	INSTR.
8:45-10am	Firm It Up	Aerobics Room	Linda
10-11am	Aquasize	Indoor Pool	Don
10-11am	Functional Flexibility	Yoga Room	Kitt



All General Group Exercise Classes are FREE for members!

Arrive to class on time, warmed up and ready to go. Warm ups are essential! Don't risk injury! Please remember to dress appropriately and bring water.

Class offerings change throughout the year. Class schedule is subject to change.