



# 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	Sandy
10-11am	Vinyasa Yoga	Yoga Room	Helena
10:45-11:45am	SS* Circuit	Aerobics Room	Sandy
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	Gentle Yoga	Yoga Room	Caroline
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

## 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	Gentle Yoga	Yoga Room	Elaine



**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.*

\*SS-Silver Sneakers Class (Learn more online at [www.SavannahJEA.org](http://www.SavannahJEA.org))