

FEE BASED GROUP EXERCISE JUNE 2018 SCHEDULE

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 A.M. - 7 A.M.			BootCamp 6-7PM Alex		BootCamp 6-7PM Jess		
7 A.M. - 8 A.M.			Suspension Training L1 7-8 A.M. - Alex	Suspension Training L3 7:45-8:45 A.M. - Pam			
8 A.M. - 9 A.M.		Suspension Training L2 8-9 A.M. - Jess					
9 A.M. - 10 A.M.			Suspension Training L3 9:15-10:15 A.M. - Pam	MELT 9-9:45 A.M. - Betsy Pre-registration required	Suspension Training L1 9:15-10:15 A.M. - Pam	Suspension Training L2 10-11 A.M. - Pam	
10 A.M. - 11 A.M.				MELT 10-10:45 A.M. - Betsy Pre-registration required			
11 A.M. - 12 P.M.			TRX for Active Seniors 11AM-11:45- Terri				
12 P.M. - 4 P.M.							
4 P.M. - 5 P.M.							
5 P.M. - 6 P.M.							
6 P.M. - 7 P.M.			BootCamp L3 6-7 P.M. - Jess		BootCamp 6-7PM Jess		
7 P.M. - 8 P.M.		Specialty Yoga 7:15-8:30 P.M. - Alan F Pre-registration required		YOGA NIDRA (Guided Meditation) 7-7:45PM JUNE 6			
8 P.M. - 9 P.M.			Krav Maga 7:15-8:30 P.M. - Beth L contact neurons4@comcast.net				
Coaching Location:	GROUP COACHING AREA	QUIET CORNER	GYMNASIUM	DANCE STUDIO LL	AEROBIC RM		