



GROUP EXERCISE SCHEDULE

CENTRAL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Morning Flow 6:00-7:00 am Shannon		<p>For class descriptions & updates checkout our app!</p>   <p>Download on the App Store</p> <p>GET IT ON Google Play</p>	
Cycle 8:30-9:00 am Gabe		Cycle 8:30-9:00 am Lynn			
Sculpt 9:00-9:30 am Gabe		Sculpt 9:00-9:30 am Lynn			
	SilverSneakers 10:30-11:30 am Deb		SilverSneakers 10:30-11:30 am Deb	Stability Sculpt 10:15-11:00 am Sierra	
	Yoga 10:45-11:45 am Kathy *Manchester		Yogalates 12:00-12:45 pm Shannon		
	Yoga 6:30-7:30 pm Audrey				