



# WELCOME BACK TO GROUP EXERCISE

## Phase Two Group Exercise Schedule Starting July 6

Group exercise classes will continue meet in the **Middle School cafeteria** to allow for social distancing.

### MONDAYS

- 5:30 a.m. — Spinning (Paul)
- 8 a.m. — Super Circuit (Rex)
- 9 a.m. — Gentle Yoga (Terri)
- 10:15 a.m. — Strength Builders (Melanie)
- 6 p.m. — Butts & Gutts (Terri)
- 7 p.m. — Zumba (Claudia)

### TUESDAYS

- 8 a.m. — Fit Camp (Melanie)
- 9 a.m. — Butts & Guts (Kris)
- 10:15 a.m. — Exercise Basix (Terri)
- 12:10 p.m. — Half Hour of Power (starting July 13)
- 5 p.m. — Core Fit (Melanie)
- 6 p.m. — Bomba (Deb)
- 7 p.m. — Zumba Tone (Claudia)

### WEDNESDAYS

- 5:30 a.m. — Spinning (Paul)
- 8 a.m. — Torch & Tone (Bobbi Jo)
- 9 a.m. — Yoga Flow (Terri)  
\*note new time
- 10:15 a.m. — Yoga Chi (Joyce)
- 7 p.m. — Bomba (Deb)

### THURSDAYS

- 8 a.m. — Torch & Tone (Kris)
- 9 a.m. — Butts & Guts (Kris)
- 10:15 a.m. — Strength Builders (Melanie)
- 12:10 p.m. — Half Hour of Power (starting July 13)
- 5 p.m. — Core Fit (Melanie)
- 6 p.m. — Yoga Flow (Terri)
- 7 p.m. — Zumba (Claudia)

### FRIDAYS

- 5:30 a.m. — Spinning (Paul)
- 8 a.m. — Cycle Core (Melanie)
- 6:30 p.m. — Zumba Tone (Claudia)

