



BETTER TOGETHER GROUP EXERCISE

Group Exercise Schedule January 9–May 24

**FREE WITH YOUR MEMBERSHIP!
JOIN US TODAY!**

MONDAYS

- 5:30 a.m. — **SPINNING** (Paul)
- 8:10 a.m. — **SUPER CIRCUIT** (Rex)
- 9 a.m. — **PEACEFUL BODY YOGA**
(Terri)
- 10:15 a.m. — **STRENGTH BUILDERS**
(Melanie)
- 4:30 p.m. — **TOTAL BODY TONE** (Kris)
- 5:30 p.m. — **SPINNING** (Patty)

TUESDAYS

- 8:10 a.m. — **FIT CAMP** (Melanie)
- 10:15 a.m. — **CARDIO BEATZ LIGHT**
(Deb)
- 12:10 p.m. — **HALF HOUR OF POWER**
(Melanie)
- 5 p.m. — **CORE FIT** (Melanie)
- 6 p.m. — **BEST YOU YOGA** (Terri)

WEDNESDAYS

- 5:30 a.m. — **SPINNING** (Paul)
- 8:10 a.m. — **CARDIO BEATZ** (Deb)
- 9 a.m. — **BEST DAY YOGA**
(Terri)
- 10:15 a.m. — **YOGA CHI** (Joyce)
- 4:30 p.m. — **TOTAL BODY TONE** (Kris)
- 5:30 p.m. — **SPINNING** (Woody)

THURSDAYS

- 8:10 a.m. — **TORCH & TONE** (Bobbie Jo)
- 10:15 a.m. — **STRENGTH BUILDERS**
(Melanie)
- 12:10 p.m. — **HALF HOUR OF POWER**
(Melanie)
- 5 p.m. — **CORE FIT** (Melanie)

FRIDAYS

- 5:30 a.m. — **SPINNING** (Paul)
- 8:10 a.m. — **CYCLE CORE** (Melanie)

