

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

5:30 - 6:30 AM
Co-Ed Circuit Training

7:45 - 8:45 AM
Circuit Training
Hodge Podge – Glenn

9 - 10 AM
Strong for Life – Glenn
(Senior class)

9 - 10 AM
SPINNING – Laurie

10:30 - 11:30 AM
Zumba
(Childcare)

4:45 - 5:45 PM
Circuit Training
Hodge Podge – Glenn

7:30 - 8:30 PM
Co-Ed Circuit Training
Hodge Podge – Glenn

5:45 - 6:45 AM
Integrative Strength – Glenn

7:30 - 8:20 AM
Gentlemen’s Club – Glenn
(65 & over)

8:30 - 9:30 AM
Integrative Strength – Glenn

9:45 - 10:45 AM
Circuit Training
Ultimate Hodge Podge Glenn
(Childcare)

5 - 6 PM
Integrative Strength Glenn

5:45 - 6:45 AM
SPINNING – Bonnie

7:45 - 8:45 AM
Circuit Training
Hodge Podge – Glenn

9 - 10 AM
SPINNING – Kelly

9 - 10 AM
Stretch – Barbara

5:45 - 6:45 AM
Integrative Strength Glenn

7:30 - 8:20 AM
Gentlemen’s Club Glenn (65 & over)

8:30 - 9:30 AM
Circuit Training
Hodge Podge – Glenn

9:45 - 10:45 AM
Circuit Training
Ultimate Hodge Podge Glenn (Childcare)

5 - 6 PM
Strength on Ball – Glenn

7:30 - 8:30 PM
CO-ED Circuit Training class

5:30 - 6:30 AM
PPT for Men – Glenn

6 - 7 AM
SPINNING – Kelly

8 - 9 AM
SPIN – Bonnie

9:15 - 10:15 AM
Integrative Strength Light

10:15 - 11:15 AM
Integrative Strength – Glenn (Childcare)

7 - 8 AM
CO-ED Circuit Training Glenn

8 - 9 AM
Circuit Training
Hodge Podge – Glenn

SUNDAY

8:30 - 9:30 AM
SPIN



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