

# GROUP FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Group Cycle</b> <b>5:30 – 6:15 a.m.</b> Cycle Studio Lacey	<b>Barre Sculpt</b> <b>6:30 – 7:30 a.m.</b> Group Exercise Studio Lacey	<b>HIIT the Turf</b> <b>6:30 – 7:15 a.m.</b> Westside Turf David	<b>Cycle Strength</b> <b>5:30 – 6:15 a.m.</b> Cycle Studio Lacey	<b>Cardio Barre</b> <b>6:30 – 7:30 a.m.</b> Group Exercise Studio Lacey	
<b>Total Body Strength</b> <b>6:30 – 7:15 a.m.</b> Group Exercise Studio Lacey		<b>Beginner Tai Chi</b> <b>11 a.m. – 12 p.m.</b> Group Exercise Studio Barb	<b>Core &amp; More</b> <b>6:15 – 6:45 a.m.</b> Group Exercise Studio Lacey		<b>HIIT the Turf</b> <b>9 – 10 a.m.</b> Westside Turf Lacey
<b>Dance Fitness</b> <b>9:30 – 10:15 a.m.</b> Group Exercise Studio Michelle	<b>Aqua Yoga</b> <b>12 – 12:45 p.m.</b> Warm Water Pool Rosie	<b>Pilates Strength</b> <b>12 – 1:00 p.m.</b> Mind Body Studio Lacey	<b>Yoga</b> <b>10 – 11 a.m.</b> Mind Body Studio Jennifer	<b>Hip/Hop Step</b> <b>12:00 – 12:45 p.m.</b> Group Exercise Studio Mojo	<b>Hip/Hop Step</b> <b>10 – 11 a.m.</b> Group Exercise Studio Shonna
<b>Yoga</b> <b>10 – 11 a.m.</b> Mind Body Studio Jennifer	<b>HIIT the Turf</b> <b>5:45 – 6:30 p.m.</b> Westside Turf David		<b>Full Body Strength</b> <b>5:45 – 6:30 p.m.</b> Group Exercise Studio Lacey		<b>Myofascial Release</b> <b>11:30 a.m. – 12:30 p.m.</b> Mind Body Studio Rosie
<b>Cycle Training</b> <b>5:45 – 6:30 p.m.</b> Cycle Studio Jimmy	<b>Hip/Hop Step</b> <b>6:15 – 7:15 p.m.</b> Group Exercise Studio Shonna	<b>Vinyasa Yoga</b> <b>7 – 8 p.m.</b> Group Exercise Studio Rosie	<b>Stretch &amp; Tone</b> <b>6:30 – 7:30 p.m.</b> Group Exercise Studio Lacey		
<b>Beginner Tai Chi</b> <b>6:15 – 7:15 p.m.</b> Group Exercise Studio Barb					