



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

Schedule begins June 10th. All classes on this schedule are FREE for members to attend unless indicated with %.

Classes subject to change. Download the "Daxko Health and Fitness" App for LIVE class schedules, notifications, and changes.

MONDAY	TUESDAY	WEDNESDAY
<p>Morning:</p> <p>5:15- 6:15 Group Power® SY 8:00- 8:50 R.I.P.P.E.D.® G2 8:00- 8:45 Rhythm Aerobics SY 8:45- 9:30 Arthritis IP 8:50- 9:35 Body Sculpt SY 9:00- 9:45 Cycling CY 10:00-10:30 Core + Flex G2 10:00-10:45 Silver Sneakers® Circuit SY 11:00-11:45 H2O Seniors IP</p>	<p>Morning:</p> <p>5:15- 6:15 Group Ride® CY 5:15- 6:05 R.I.P.P.E.D.® G2 5:30- 6:15 Sunrise Yoga Stretch SY 7:00- 8:00 Active Together® SY 7:30- 8:00 Cycling Express CY 8:15- 8:50 Flex + Flow G2 9:00- 9:45 Dance Fitness SY 9:00- 9:45 Yoga G2 9:45-10:30 Water Jog MP 10:45-11:15 Water Yoga IP 10:00- 10:45 Silver Sneakers® Classic SY 11:00-11:45 Tai Chi- Better Balance SY</p>	<p>Morning:</p> <p>5:15- 6:15 Group Power® SY 8:00- 8:50 R.I.P.P.E.D.® G2 8:00- 8:45 Rhythm Aerobics SY 8:45- 9:30 Arthritis IP 8:50- 9:35 Body Sculpt SY 9:00- 9:30 Kettlebell AMPD® G2 9:00- 9:45 Cycling CY 9:35-10:05 PiYo® G2 10:00-10:45 Silver Sneakers® Circuit SY 10:15-10:45 Core + Flex G2 11:00-11:45 H2O Seniors IP</p>
<p>Noon Hour:</p> <p>12:15-12:45 Fit XPress SY</p>	<p>Noon Hour:</p> <p>12:00- 1:00 Group Power® SY 12:00-12:45 Arthritis IP 12:05-12:50 *Outdoor Cycling <small>*Bring your pedal bike. Indoor Cycle in Poor Weather</small></p>	<p>Noon Hour:</p> <p>12:15-12:45 Fit XPress SY</p>
<p>Evening:</p> <p>4:30- 5:15 Kettlebell AMPD® G2 5:00- 6:00 Group Power® SY 5:15- 5:45 R30® CY 6:15- 7:00 Monday Evening Yoga SY</p>	<p>Evening:</p> <p>4:00- 5:00 Active Together® SY 5:15- 6:15 R.I.P.P.E.D.® RUMBLE G2 5:45- 7:15 % Taekwondo SY</p> <p style="color: blue; font-style: italic;">% Requires Registration at Member Services Desk</p>	<p>Evening:</p> <p>4:15- 4:45 INSANITY® SY 5:00- 6:00 Group Power® SY 6:00- 7:00 Group Ride® CY 6:45- 8:15 % Taekwondo SY</p> <p style="color: blue; font-style: italic;">% Requires Registration at Member Services Desk</p>

<p><u>Location Key:</u></p> <p>G2- Gym 2 IP - Instructional Pool SY- Studio Y</p> <p>CY - Cycling Studio MP- Main Pool</p>	<p><u>Babysitting Hours:</u></p> <p>(Ages 6weeks-8 years) *See policies</p> <p>Mon-Fri: 8:30am-1:00pm Mon-Thurs: 4:30-7:00pm Sat: 8:00am -11:00am</p>	<p><u>Class Guidelines:</u></p> <p>If less than 5 people show for class for 2 consecutive weeks-class may be cancelled for the remainder of the session.</p>
--	--	---





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

Schedule begins June 10th. All classes on this schedule are FREE for members to attend unless indicated with %.

Classes subject to change. Download the "Daxko Health and Fitness" App for LIVE class schedules, notifications, and changes.

THURSDAY	FRIDAY	SATURDAY
<p>Morning:</p> <p>5:15- 6:15 Group Ride® CY 5:10- 6:10 R.I.P.P.E.D.® RUMBLE G2 5:30- 6:15 Sunrise Yoga Stretch SY 7:30- 8:15 Cycling CY 8:00- 8:45 ZUMBA® Gold SY 8:15- 8:50 Flex + Flow G2 9:00- 9:45 Cardio Kickboxing SY 9:00- 9:45 Yoga G2 9:45-10:30 Water Jog MP 10:00-10:45 Silver Sneakers® Classic SY 10:45-11:15 Water Yoga IP 11:00-11:45 Tai Chi- Better Balance SY</p> <p style="text-align: right; color: red;">#See Weekend Schedule for class listing</p>	<p>Morning:</p> <p>5:20- 6:15 Cycling CY 5:45- 6:30 Fit Xpress SY 7:45- 8:45 Group Power® SY 8:45- 9:30 #TGIF Fitness G2 8:45- 9:30 Arthritis IP 9:00- 9:45 Cycling CY 9:00- 9:45 Silver Sneakers® Yoga SY 10:00-10:45 Senior Fun SY</p> <p style="text-align: right; color: red;">#See Weekend Schedule for class listing</p>	<p>Morning:</p> <p><u>Cycling:</u></p> <p>6:15- 7:15 Cycling CY (every sat)</p> <p><u>Studio Y Classes:</u></p> <p>8:00 - 8:50 #Cardio SY 9:00 -10:00 #Toning/Strength SY</p> <p style="text-align: right; color: red;">#See Weekend Schedule for class listing</p>
<p>Noon Hour:</p> <p>12:00- 1:00 Group Power® SY 12:00-12:45 Arthritis IP 12:05-12:50 Cycling CY</p>	<p>Noon Hour:</p> <p>12:15-12:45 Fit XPress SY</p>	<div style="border: 2px solid black; padding: 10px; font-size: 24px; font-weight: bold;">SUNDAY</div>
<p>Evening:</p> <p>4:15- 4:45 POUND® SY 5:15- 6:05 R.I.P.P.E.D.® G2 6:15- 7:00 Cycling CY 6:15- 7:00 ZUMBA® G2 6:00- 8:00 % CMS Fitness MMA SY</p> <p style="color: blue;">% Requires Registration at Member Services Desk</p>	<p>Evening:</p>	<p>Morning</p> <p>9:15- 10:15 #See Weekend Schedule SY</p> <p>1:00- 3:00 % CMS Fitness MMA SY</p> <p style="color: blue;">% Requires Registration at Member Services Desk</p>

Last modified: 6/5/19

<p><u>Location Key:</u></p> <p>G2- Gym 2 CY - Cycling Studio IP - Instructional Pool MP- Main Pool SY- Studio Y</p>	<p><u>Babysitting Hours:</u></p> <p>(Ages 6weeks-8 years) *See policies Mon-Fri: 8:30am- 1:00pm Mon-Thurs: 4:30-7:00pm Sat: 8:00am - 11:00am</p>	<p><u>Class Guidelines:</u></p> <p style="color: orange;">If less than 5 people show for class for 2 consecutive weeks- class may be cancelled for the remainder of the session.</p>
---	---	--

