



GROUP X SCHEDULE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

6:00a - 7:00a Spin Amber	8:30a - 9:30a Yoga Jean	6:00a - 7:00a Spin Corrine	8:30a - 9:30a Yoga Jean	9:00a - 10:00a Ashtanga Matt	9:00a - 10:00a Group Power Becca
9:00a - 10:00a DAC Lite Jen		8:30a - 9:30a Aqua Therex Nanda		10:30a - 11:30a Pilates 2 Marilyn	10:15a - 11:15P The PT Spot Trainer Rotation
9:00a - 10:00a WARRIOR Strength Corrine	10:30a - 11:30a Pilates 2 Marilyn	10:30a - 11:30a Zumba Lyn	11:00a - 12:00p Core & Balance Lori	11:00a - 12:00p POUND Mary	10:30a - 12:00P Vinyasa Flow Tammy
9:00a - 10:00a Yoga Astryd	11:00a - 12:00p Core & Balance Jen	12:00p - 1:00p Spin Marilyn		12:00p - 1:00p Flow Barre Marilyn	
12:00p - 1:00p Flow Barre Marilyn	12:15p - 1:15p WARRIOR Rhythm Ellen		12:15p - 1:15p WARRIOR Strength Ellen	12:00p - 1:00p Aqua Therex Nanda	
12:00p - 1:00p Masters Swim Member Led (Temp)		12:00p - 1:00p Ellové Chelsea		12:00p - 1:00p Spin Ellen	
5:30p - 6:30p Group Power Becca		12:00p - 1:00p Masters Swim Member Led (Temp)		12:00p - 1:00p Masters Swim Member Led (Temp)	

SUNDAY

9:00a - 10:30a
Yoga at Oakmont Park Jean
JULY LOCATION!

Locations: **Aquatics Center** **3rd Floor Deck** **Functional Training Zone** **Mindbody Studio** **Studio 1**