



# JAN-APRIL 2023 GROUP EXERCISE SCHEDULE

## STUDIO A

Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday

**CYCLE FIT**  
7:45am-8:45am  
Justine

**POWER HOUR CYCLE**  
6:00am-7:00am  
Justine

**POWER HOUR CYCLE**  
6:00am-7:00am  
Justine

**POWER HOUR CYCLE**  
6:00am-7:00am  
Justine

**SPIN**  
6:00pm-6:45pm  
Sierra

**SPIN**  
6:00pm-6:45pm  
Terra

## STUDIO B

Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday

**VIRTUAL FITNESS**  
5:00am-5:50am

**VIRTUAL FITNESS**  
5:00am-5:50am

**VIRTUAL FITNESS**  
5:00am-5:50am

**YOGA**  
6:00am-7:00am  
Lee Ann

**YIN YOGA**  
8:00am-8:50am  
Maggie

**YOGA**  
6:00am-7:00am  
Lee Ann

**YIN YOGA**  
8:00am-8:50am  
Maggie

**YOGA**  
6:00am-7:00am  
Lee Ann

**VIRTUAL FITNESS**  
8:25am-9:25am

**VIRTUAL FITNESS**  
8:25am-9:25am

**VIRTUAL FITNESS** 8:15am-9:30am  
Susan

**YOGA**  
9:30am-10:30am  
Justine

**YOGA**  
9:30am-10:30am  
Justine

**YOGA BEGIN**  
9:45am-10:30am  
Charles

**GROUP FITNESS**  
10:00am-11:00am  
Laura

**GROUP FITNESS**  
10:00am-11:00am  
Laura

**STEADY STRONG PARKINSONS BOXING**  
1:00-2:30pm  
Kim

**STEADY STRONG PARKINSONS BOXING**  
1:00-2:30pm  
Kim

**OTAGO FALL PREVENTION**  
1:00-2:00pm  
Tim/IWU

**YOGA**  
5:30pm-6:30pm  
Justine

**GROUP FITNESS**  
5:30pm-6:15pm  
Larwan

**YOGA**  
5:30pm-6:30pm  
Justine

**GROUP FITNESS**  
5:30pm-6:15pm  
Larwan

**MUSCLEPUMP**  
7:15pm-8:00pm  
Susan

**Y-FIT**  
7:15pm-8:00pm  
Tim

**MUSCLEPUMP**  
7:15pm-8:00pm  
Susan



# JAN—APRIL 2023 GROUP EXERCISE SCHEDULE

## AGE REQUIREMENTS:

- **Ages 12 to 15**

A parent or guardian, 18 years or older, must be present with children in the Cardio fitness area and a waiver must be on file. Waiver can be found at the Welcome Center and must be signed by both parent and child.

- **Ages 16-17**

May use Fitness area without parent present but must have a waiver on file.

## WELLNESS AREA REQUIREMENTS:

- All members and guests using the wellness area must be dressed in appropriately clothing including close-toed shoes. No sandals or bare feet are permitted in the wellness area.
- All group exercise participants are required to register at the Welcome Center for any classes they are participating in each session.
- Please be considerate of other members by wiping down your machine after each use.

Schedule subject to change with little to no notice.