

GROUP EXERCISE SCHEDULE

Day	Time	Program	Instructor	Location
Monday	8:30 – 9:15am	Spinning II	Zuni	Cycling Studio
	9:30-10:15 am	Cardio Kickboxing	Zuni	Multipurpose Studio
	9:30 – 10:15am	Spinning I	Dyan	Cycling Room
	6:15-7:00 pm	Spinning II	Carmen	Cycling Studio
	6:15 – 7:00 pm	Total Body Conditioning	Maritza	Multipurpose Studio
	7:15-8:00pm	Advance Step	Carmen	Multipurpose Studio
	7:15-8:00pm	Spinning II	Maritza	Cycling Studio
	Tuesday	8:30 – 9:30 am	Spinning III	Marie
9:30-10:30 am		Step Sculpt	Zuni	Multipurpose Studio
9:30– 10:30 am		Spinning III	Marie	Cycling Studio
10:30 – 11:30 am		Mat Pilates	Marie	Multipurpose Studio
6:15-7:00 pm		Zumba	Carmen	Multipurpose Studio
6:15 – 7:00 pm		Spinning I	Dyan	Cycling Room
7:15-8:00pm		Spinning III	Penelope	Cycling Room
7:15 – 8:00pm		Total Body	Carmen	Multipurpose Studio
8:15-9:00 pm		Spinning II	Penny	Cycling Room
Wednesday		8:30 – 9:15 am	Spinning II	Dyan
	9:30 – 10:15 am	Spinning I	Dyan	Cycling Studio
	9:30-10:15am	Mat Pilates	Robert	Multipurpose Studio
	10:15-11:00am	Stretch	Robert	Multipurpose Studio
	6:15-7:00 pm	Spinning II	Carmen	Cycling Room
	6:15-7:00 pm	Core Training	Maritza	Multipurpose Studio
	7:15- 8:00pm	Cardio Kickboxing	Zuni	Multipurpose Room
	7:15-8:00pm	Spinning III	Penelope	Cycling Studio
	8:15-9:00 pm	Interval Step	Carmen	Multipurpose Room
	8:15-9:00 pm	Spinning III	Penelope	Cycling Studio
Thursday	8:30-9:15 am	Spinning III	Marie	Multipurpose Studio
	9:30-10:30 am	Spinning III	Marie	Cycling Studio
	9:30-10:30 am	Zumba	Zuni	Multipurpose Studio
	10:30-11:30 am	Total Body Conditioning	Marie	Multipurpose Studio
	6:15-7:00 pm	Zumba	Carmen	Multipurpose Studio
	6:15-7:00 pm	Spinning	Dyan	Cycling Studio
	7:15-8:00pm	Pilates	Robert	Multipurpose Studio
	7:15-8:00 pm	Spinning III	Penelope	Cycling Studio
	8:00-9:00 pm	Stretch	Robert	Multipurpose Studio
	8:15-9:00 pm	Spinning	Tanya	Cycling Studio

Day	Time	Program	Instructor	Location
Friday	8:30 – 9:30 am	Spinning II	Zuni	Cycling Studio
	9:30-10:30am	Spinning II	Dyan	Cycling Studio
	9:30-10:30am	Total Body Conditioning	Marie	Multipurpose Studio
	10:30-11:30am	Core Yoga	Marie	Multipurpose Studio
	7:15-8:00pm	Hi-Low Aerobics	Carmen	Multipurpose Studio
	6:15-7:00pm	Spinning III	Penelope	Cycling Studio
	8:15-9:00pm	Spinning	Tanya	Cycling Studio
Saturday				
Saturday	8:30-9:30am	Mat Pilates	Marie	Multipurpose Studio
	9:30-10:30 am	Spinning III	Marie	Cycling Studio
	9:30-10:15 am	Zumba	Carmen	Multipurpose Studio
	10:45-11:30am	Spinning III	Penelope	Cycling Room
	10:30-11:15 am	Basic Step	Maritza	Multipurpose Studio
	11:15-12:00 noon	Gentle Yoga	Maritza	Multipurpose Studio
	11:45-12:30 noon	Spinning II	Penelope	Cycling Room
Sunday				
Sunday	10:30am-11:15	Spinning III	Tanya	Cycling Room
	11:15-12:00 noon	Spinning I	Tanya	Cycling Room

Things to remember

Please be on time for class

- Most classes are free to members. Classes with asterisk (*) require additional fee.
- Proper workout attire is required (sweats, tights, biking shorts, T-shirts, sneakers).
- No food, drink or chewing gum allowed in the Fitness Areas.
- No glass bottles of any kind in the Fitness Areas
- No cell phones should be answered during class, please be courteous and step outside of the class when answering your cell phone.
- No gym bags, pocketbooks or coats allowed in Fitness Areas. Please use lockers and a secure lock. For your convenience the Welcome Desk sells locks and the Control Desk has safe deposit boxes for your small items i.e. cell phone, wallet, keys.

* Schedule to change without notice

