

LiveHealthy

Group Exercise Schedule

October 5 - October 31, 2020

GYM / STUDIO 1 / STUDIO 2

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
5:45-6:30a	Body Weight Intervals Gym - Stacey	PumpRx Gym Jen		PumpRx Gym Laurie	TICKET ONE TICKET PER PERSON	Indicates a Class Ticket is required to attend this class. Request at front desk when you check in.	
5:45-6:30a		TICKET Cycle Studio 2 Stacey		TICKET Cycle Studio 2 Deanna			
8:10 - 8:55a	ZUMBA FINEST Gym - Parham	BalanceRx Gym - Dana	ZUMBA FINEST Gym - Hannah	BalanceRx Gym - Dana		8:15 - 9:00a	Total Body Intervals Gym - Dana
9:00 - 9:45a	TICKET Cycle Studio 2 Megan		TICKET Cycle Studio 2 Stacey			8:30 - 9:15a	TICKET Cycle Studio 2 Rotation
9:20 - 10:05a	Body Weight Intervals Gym - Stacey	PumpRx Gym Dana	Body Weight Intervals Gym - Megan V	PumpRx Gym Sarah		9:20 - 10:05a	ZUMBA FINEST Gym - Hannah
10:15 - 11:10a	TICKET YogaRx Studio 1 Melissa		TICKET YogaRx Studio 1 Melissa			10:35-11:30a	TICKET YogaRx Studio 1 Melissa
4:30 - 5:10p	PumpRxxpress Gym Sarah	Body Weight Intervals Gym - Megan B	PumpRxxpress Gym Dana	Body Weight Intervals Gym - Megan B		MAX CLASS CAPACITY: GYM = 24 STUDIO 1 = 9 STUDIO 2 = 9	
5:30 - 6:15p	PumpRx Gym - Laurie	ZUMBA FINEST Gym - Parham	PumpRxxpress Gym - Jen	ZUMBA FINEST Gym - Rena			
5:30 - 6:15p		TICKET Cycle Studio 2 Deanna		TICKET Cycle Studio 2 Lynn			
6:35 - 7:20p		Body Weight Intervals Gym - Stacey		Body Weight Intervals Gym - Sarah			
6:35-7:30p	TICKET YogaRx Studio 1 Melissa	TICKET YogaRx Studio 1 Deanna	TICKET YogaRx Studio 1 Jen				

POOL

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
8:10 - 8:55a	aqua ZUMBA TICKET Hannah	TICKET AquaRx Hannah		TICKET AquaRx Sarah	TICKET AquaRx Hannah	8:10 - 8:55a	TICKET AquaRx Hannah
9:20-10:05a	aqua ZUMBA TICKET Parham	TICKET AquaRx Hannah	aqua ZUMBA TICKET Hannah	TICKET AquaRx Dana	TICKET AquaRx Hannah	9:20-10:05a	TICKET AquaRx Sarah
10:05 - 10:50a	Healing Waters Therapy Pool TICKET Shirley		Healing Waters Therapy Pool TICKET Shirley	TICKET ONE TICKET PER PERSON	Indicates a Class Ticket is required to attend class. Request at front desk check in.	9:30 - 10:15a	Healing Waters Therapy Pool TICKET Georgina
10:15 - 11a	Healing Waters Rec Pool TICKET Sarah		Healing Waters Rec Pool TICKET Sarah				
5:30 - 6:15p	Total Body Intervals (Aqua) TICKET Sarah	Healing Waters Therapy Pool TICKET Sarah	Total Body Intervals (Aqua) TICKET Dana	Healing Waters Therapy Pool TICKET Annette			
6:35 - 7:20p	Total Body Intervals (Aqua) TICKET Sarah	aqua ZUMBA TICKET Annette	Total Body Intervals (Aqua) TICKET Dana	aqua ZUMBA TICKET Annette			