

# HIGH BLUE

## GROUP FITNESS SCHEDULE

### JUNE-AUGUST

Senior or New to exercise in Blue

#### Yoga/Pilates



Monday	
8:30-9:25am	Body Fusion w. Connie
9:00-10am	Chair Yoga w. Amy
9:30-10:25am	Cardio BEATS w. Connie
10:30-11:30am	SS Classic w. Connie
10:30-11:30am	Power Yoga w. Amy
EVENING	
5:15-6pm	MuscleWorX w. Carrie
6:05-6:55pm	Cardio BEATS w. Kaitlyn

Tuesday	
8:00-8:30am	MOVEMENT w. Annette
8:30-9:30am	Mat Pilates w. Annette
9:30-10:30am	Refit & Tone w Kim
9:30-10:30am	TB Resistance W Contessa
10:30-11:30am	Dance, Tone & Stretch w. Connie
EVENING	
5:00-5:30pm	MOVEMENT w. Connie
5:30-6:25pm	Cardio Beats w. Carrie
5:30-6:30pm	Body Attack w. Connie
6:30-7:30pm	Tranquil Yoga w. Marcola

Wednesday	
5:15-6:15am	Sunrise Yoga w. Cathy
8:30-9:25am	Zumba w. July
9:30-10:30am	Shred w. Bethany M
9:30-10:30am	Basic Yoga w. Amy
10:30-11:30am	Forever Fit 1 w. Tina
10:30-11:30am	Chair Yoga w. Janet
EVENING	
5:30-6:30pm	Pilates Mashup w. Cathy
6:30-7:30pm	Zumba w. Rob

Thursday	
8:00-8:30am	MOVEMENT w. Annette
8:30-9:30am	Core Strength w. Annette
9:00-9:45am	Chair Yoga w. Janet
9:30-10:30am	Zumba w. July
10:00-11:00am	20/20/20 w Contessa
10:30-11:30am	Strengthen & Stretch w. Yolanda
EVENING	
5:00-5:30pm	MOVEMENT w. Tina
5:30-6:30pm	Zumba w. Carole
5:30-6:30pm	Body Attack w Tina

Friday	
8:30-9:20am	Refit & Tone w Kim
9:30-10:20am	Shred w. Contessa
10:30-11:30am	Forever Fit 2 w. Yolanda
10:30-11:30am	Deep Stretch YOGA w. Amy

Saturday	
8:00-8:50am	HardKore Fusion w. Cathy
9:00-9:55am	Cardio Beats w. Carrie
10:00-11am	Zumba w. Rotating Instructor
10:00-11am	Shred w. Tina

Sunday	
8:15-9:15am	Deep Stretch Yoga w. Cathy
4:00-5:00pm	Zumba w. July

**\*\*CLASSES CAN BE CANCELLED AT ANYTIME DUE TO LOW ATTENDANCE\*\***