



# GROUP FITNESS SCHEDULE

## SCHEDULE BEGINS JANUARY 14

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00-10:00am AQUA FIT Sue	5:30-6:15am Erica INTERVAL XPRESS	9:00-10:00am AQUA FIT Sue	5:30-6:15am Erica INTERVAL XPRESS	9:00-10:00am AQUA FIT Sue	7:50-8:50am AQUA ZUMBA Leah	9:00-10:00am SPINNING Laura
9:15-10:00am TABATA Lisa	8:40-9:40am JAZZERCISE*	9:15-10:00am Lisa CARDIO MASH-UP	8:40-9:40am JAZZERCISE*	9:15-10:15am SPINNING Cathy	9:00-10:00am ZUMBA Erica	9:15-10:15am ZUMBA Anna
9:15-10:15am SPINNING Cathy	9:00-10:00am + Sr. AEROBICS Marti	10:00-10:15 BELLY BUSTER Sue	9:00-10:00am AQUA FIT	10:00-10:15 BELLY BUSTER Sue	9:00-10:00am SPINNING Cari	10:45-11:45am JAZZERCISE*
10:00-10:15 BELLY BUSTER Sue	9:00-10:00am AQUA FIT Amie	10:30-11am AQUA STRENGTH Sue	9:00-10:00am + Sr. AEROBICS Marti	10:15-11:00am PILATES Lisa	10:00-11:00 Turbokick Erica	12:00-1:00pm **** Private Training
10:15-11:15am PILATES Lisa	9:15-10:15am MUSCLE PUMP Lisa	11:00am-12:00pm AQUA ARTHRITIS Sue	9:15-10:15am MUSCLE PUMP Lisa	10:30-11:00am AQUA STRENGTH Sue		
10:30-11am AQUA STRENGTH Sue	5:30-6:30pm AQUA FIT Karen G.	11:00-12:00pm ^ ZUMBA GOLD Leah	6-6:50pm AQUA ZUMBA Leah	11:00am-12:00pm AQUA ARTHRITIS Sue		
11:00am-12:00pm AQUA ARTHRITIS Sue	6:00-7:00pm ZUMBA Leah	4:15-5:10pm JR JAZZERCISE*	6:00-6:50pm TURBOKICK Erica	11:00-12:00pm ^ ZUMBA GOLD Fariha		
5:10-6:10pm JAZZERCISE*	7:05-8:05pm TURBOKICK + ABS Erica	5:10-6:10pm JAZZERCISE*	7:00-8:00pm YOGA Carli	5:10-6:10pm JAZZERCISE*		
6:00-7:00PM SPINNING Laura		6:00-7:00PM SPINNING Larry	8:15-9:30pm **** Private Training	5:30-6:30 RHYTHM RIDE Erica		
6:15-7:00pm STEP AEROBICS Lisa		7:00-8:00pm MUSCLE PUMP Cathy				
6:30-7:45pm * HATHA YOGA Jen						
7:00-8:00pm MUSCLE PUMP Lisa						

**KICK OFF 2017  
WITH OUR NEW  
GROUP FITNESS  
CLASSES!**



\* Registration Classes  
 + Hanover Township classes. Not included in membership.  
 ^ Community classes. Not included in membership. \$2/fee per class.  
 Class days and times are subject to change. Classes with low attendance may be cancelled.

Aerobics Studio	Pool	Spin Studio	Gymnasium	Hoosier Grove Barn	Hanover Township
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