



# GROUP FITNESS

## SCHEDULE

### GROUP FITNESS ROOM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00a	LES MILLS BODYCOMBAT Alternating	LES MILLS BODYPUMP Melody	LES MILLS BODYCOMBAT Jessica	LES MILLS BODYPUMP Afton	POWER HOUR Noel		
8:15a	T.B.C. Chris	REP 45 Noel	LES MILLS BODYCOMBAT Melody	REP 45 Noel	ZUMBA Jenny	LES MILLS BODYCOMBAT Ara(8:00)	
9:15a	LES MILLS BODYPUMP Noel	T.B.C. Michelle	LES MILLS BODYPUMP Noel	T.B.C. Chris	LES MILLS BODYPUMP Sheree	ZUMBA Rachel	
10:30a	Yoga Michelle	Yoga Michelle	Yoga Tommasina	Yoga Chris	Yoga Chris	LES MILLS BODYPUMP Rachel	POWER HOUR 12:15 Michele M
11:30a	Silver Sneakers Michelle	Silver Sneakers Chris	Silver Sneakers Noel	Silver Sneakers Jay	Silver Sneakers Jay	Yoga 11:45 Kanisha	ZUMBA 1:30p Ariel
4:30p	Core Page	LES MILLS BODYPUMP 45 Noel	Core Tommasina	LES MILLS BODYPUMP 45 Ara	ZUMBA Lorena		LES MILLS BODYCOMBAT 2:35p Alternating
5:30p	ZUMBA Ariel	LES MILLS BODYCOMBAT Stacey	LES MILLS BODYPUMP Scotty	LES MILLS BODYCOMBAT Liz/Chandler	LES MILLS BODYPUMP Jocelyn		Yoga 3:35p Tommasina
6:40p	BUTTS & GUTS Michele M	LES MILLS BODYPUMP Jocelyn	Yoga Talisha	ZUMBA Christina			

### POOL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:15a							
10:30a	AQUA SPLASH Jenny	AQUA SPLASH Cindi	AQUA SPLASH Emmanuel	AQUA SPLASH Noel	AQUA SPLASH Jenny		
4:30p							
5:30p	AQUA SPLASH Michelle	AQUA SPLASH Tammy	AQUA SPLASH Michelle	AQUA SPLASH Emmanuel			

### CYCLING ROOM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00a	LES MILLS RPM Tammy		LES MILLS RPM Misty		LES MILLS RPM Tammy		
8:15a					LES MILLS RPM Liz		
9:15a		LES MILLS RPM Patty		LES MILLS RPM Stephanie		LES MILLS RPM Deena	
5:30p	LES MILLS RPM Misty		LES MILLS RPM Deena				

### YOGA PILATES ROOM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08:15		Pilates Page		Pilates Page			
09:15	Barre Michelle		Barre Page		Barre Chris		
4:30p							
5:30p		Yoga Tommasina		Yoga Tommasina			
7:00p							

Check us out on Facebook and Instagram  
 Also for everything to do with Group Fitness check out  
 Max Fitness Group Fitness Family

**Effective November 1st 2023**