

TODAY'S GROUP FITNESS CLASSES
WEDNESDAY

TIME	CLASS	LOCATION	INSTRUCTOR
7:00 AM	Bodypump™	Studio 5	Evelyn/Sarah C.
8:15 AM	Cycle-30	Studio 4	Sarah C.
9:00 AM	Butt Gut Blast	Studio 2	Sarah C.
9:30 AM	Amazing Arms	Studio 2	Sarah C.
10:00 AM	Golden Sneakers Dynamic	Studio 6	Mark
10:00 AM	Vinyasa Yoga	Studio 3	Heather
11:00 AM	Aquafit	Adult Pool	Evelyn
11:05 AM	Mat Pilates	Studio 3	Dodi
12:00 PM	Tai Chi Flow	Studio 3	Carol
12:15 PM	Golden Sneakers TRX	TRX Arena	Guy
5:00 PM	Step & Core	Studio 5	Jill
5:30 PM	Amazing Arms	Studio 2	Tom
6:00 PM	Power Yoga	Studio 3	Constance
6:00 PM	TRX-30	TRX Arena	Brynne
6:15 PM	Bodypump™	Studio 5	Jill
6:15 PM	Cycle-45	Studio 4	Tom
7:00 PM	Zumba™	Downtown Stage	Tiffany
8:00 PM	Mat Pilates Basics	Studio 3	Robbie