

TODAY'S GROUP FITNESS CLASSES
WEDNESDAY

TIME	CLASS	LOCATION	INSTRUCTOR
7:00 AM	Bodypump™	Studio 5	Mari
9:00 AM	Track Intervals	DHAC Track	Jason
9:00 AM	B.G.X.	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	Vinyasa Yoga	Studio 3	Constance
6:00 PM	TRXpress	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