

GROUP FITNESS

Spring 2021 Mon, March 15 – Fri, May 14

No Classes: Wed, Mar 31

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:45 - 9:30 AM Sunrise Barre Rec Field Lisa L. 		8:45 - 9:15 AM Aztec Abs Virtual Class Sofia P. 				
					9:45 - 10:30 AM Outdoor Boot Camp Rec Field Brittney C. 	
10:15-11:05 AM Hatha Vinyasa Yoga Virtual Class Chris C. 	10:15-11:00 AM Lower Body Express Rec Field Cali T. 	10:15-11:00 AM Cycling Aquaplex Grace G. 	10:15-11:00 AM Hatha Vinyasa Yoga Aquaplex Amber L. 			10:15-11:05 AM Hatha Vinyasa Yoga Virtual Class Daniel D. 
11:45 AM-12:30 PM Total Strength Rec Field Tim O. 	11:45 AM-12:30 PM Deep Stretch Yoga Aquaplex Bethany M. 	11:45 AM-12:30 PM Outdoor Boot Camp Rec Field Grace G. 		11:45 AM-12:30 PM Cycling Aquaplex Cindy S. 		
		12:00 - 12:30 PM Mindful Meditation Aquaplex Sofia P. 	12:00 - 12:50 PM Gentle Yoga Virtual Class Katherine S. 	12:00-12:50 PM Total Strength Virtual Class Sara M. 		
4:30-5:15 PM Cycling Aquaplex Cindy S. 	4:30 - 5:20 PM Power Yoga Virtual Class Daniel D. 	4:30-5:15 PM Cycling Aquaplex Tim O. 	4:30-5:15 PM Outdoor Boot Camp Rec Field Kash H. 			
5:45 -6:30 PM Cardio Dance Rec Field Kash H. 	5:45 - 6:30 PM Cycling Aquaplex Michelle L. 	5:45 - 6:30 PM Yoga at the Union ARC Express Bethany M. 	5:45 - 6:30 PM Cycling Aquaplex Bethany M. 			
6:00 - 6:50 PM Gentle Yoga Virtual Class Cindy F. 	6:00-6:50 PM Cardio Dance Virtual Class Julia K. 	6:00-6:30 PM HIIT30 Virtual Class Sara M. 	6:00-6:50 PM Yoga Sculpt Virtual Class Megan H. 			