



DURING CONSTRUCTION GROUP EX 1 PAGE SCHEDULE

Thursday 9/19	TIME	CLASS	TICKET REQUIRED	INSTRUCTOR	LOCATION
		5:30-6:30 am	Strength Train Together		Leslie
	8:00-9:00 am	Strength		Annette	Large Conference Room
	9:15-10:15 am	Strength Train Together	CANCELLED		Lorelei
	9:15-10:15 am	Power Yoga		Laurie	Spirit Mind Body
	9:15-10:15 am	Senior Fitness	*	Annette	Large Conference Room
	10:15-11:15 am	Senior Fitness	*	Annette	Large Conference Room
	10:30-11:30 am	Gentle Yoga	*	Laurie	Spirit Mind Body
	11:45-12:30 pm	Strength Express		Annette	Spirit Mind Body
	5:30-6:30 pm	Yoga Shred Inspired Flow		Erin	Spirit Mind Body
	7:45-8:45 pm	Zumba	*	Nikki	Large Conference Room
Friday 9/20	TIME	CLASS	TICKET REQUIRED	INSTRUCTOR	LOCATION
	6:00-7:00 am	Sunrise Yoga		Laura N.	Large Conference Room
	7:00-7:50 am	Tabata Bootcamp		Katrina	Large Conference Room
	8:00-9:00 am	Cardio & Strength		Jane	Spirit Mind Body
	9:15-10:15 am	Core fusion	*	Jane	Large Conference Room
	9:15-10:15 am	Pilates		Ginette	Spirit Mind Body
	10:30-11:30 am	Senior Zumba	*	Susan	Spirit Mind Body
	11:00-11:30 am	Balance		Annette	Large Conference Room
	12:00-1:00 pm	Yoga Strength	*	Joe	Large Conference Room
	12:00-1:00 pm	Strength & Cardio		Annette	Spirit Mind Body
5:30-6:30 pm	Zumba	*	Ericka	Spirit Mind Body	

HAVE A HAPPY AND HEALTHY DAY!