





2024 GROUP X FITNESS SCHEDULE



EFFECTIVE
3/4/2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00am SILVER SNEAKER GYM Pierre	9:00am LOW IMPACT AEROBICS ROOM 108-110 Cherie	7:00am CYCLE SPIN ROOM Sam	9:00am BODY WORKS ROOM 108-110 Cherie	9:00am SILVER SNEAKER GYM Felicia NEW!	8:00am KETTLE BELL SPEED ROOM Additional Class Fee Brittney
10:00am POUND FITNESS ROOM 102 Felicia NEW!	10:00am PILATES ROOM 102 Cherie	9:00am KICKBOXING ROOM 102 Brittney		10:00am STRETCH & MOBILITY ROOM 102 Brittney	9:00am RHYTHM RIDE SPIN ROOM Candie
	11:00am SILVER SNEAKER GYM OAKWOOD Pauline	9:00am SILVER SNEAKER GYM Pierre	10:00am MIND BODY & RELAXATION ROOM 102 Cherie		9:00am ZUMBA ROOM 102 Ayesha
		10:00am BODY WORKS GYM OAKWOOD Pauline	11:00am SILVER STEP AEROBICS GYM OAKWOOD Pauline		
6:00pm BOOTCAMP ROOM 102 Brittney	6:00pm ABS AND GLUTES ROOM 102 Brittney	6:00pm PILATES ROOM 102 Vanessa	6:00pm RHYTHM RIDE SPIN ROOM Candie		
7:30pm SIT & BE FIT ROOM 102 Pierre	6:00pm POWER SPIN SPIN ROOM Troy	7:00pm HIIT ROOM 102 Brittney NEW!	7:00pm HIP HOP STEP / AEROBICS ROOM 102 Brittney		
	7:00pm STRETCH & MOBILITY ROOM 102 Brittney				

All classes are accessible with a fitness membership unless otherwise indicated with "Additional Class Fee". All classes are 60 minutes in length, members are responsible for their own hydration. Exercise mats and fitness equipment will be provided, unless it's a specialty class i.e. Kettle bell.