

## GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>GROUP CYCLE</b> 5:30A-6:30A GROUP EX ROOM JOSEPH GARZA	<b>BARBELL BOOT CAMP</b> 5:30A – 6:30A GROUP EX ROOM JOSEPH GARZA	<b>BOOT CAMP</b> 5:30A-6:30A GROUP EX ROOM JOSEPH GARZA	<b>STEP BOOT CAMP</b> 5:30A-6:30A GROUP EX ROOM JOSEPH GARZA	<b>GROUP CYCLE</b> 5:30A-6:30A GROUP EX ROOM JOSEPH GARZA
		<b>CHAIR YOGA</b> 9:00A-10:00A GROUP EX ROOM		
<b>TAI CHI</b> 10:00A-11:00A GROUP EX ROOM TYSON BURWELL		<b>CHAIR YOGA</b> 10:00A-11:00A GROUP EX ROOM		<b>TAI CHI</b> 10:00A-11:00A GROUP EX ROOM TYSON BURWELL
	<b>AQUA FIT</b> 11:00A-12:00P POOL ROOM HELICITY JOHNSON	<b>CHAIR YOGA</b> 11:00A-12:00P GROUP EX ROOM	<b>AQUA FIT</b> 11:00A-12:00P POOL ROOM HELICITY JOHNSON	
<b>ZUMBA</b> 4:30P-5:30P GROUP EX ROOM				