

## 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>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>INTRO TO STRENGTH (\$10)</b> 2:00P-2:40P Veronica Umholtz	<b>CHAIR YOGA</b> 11:00A-12:00P GROUP EX ROOM	<b>INTRO TO STRENGTH (\$10)</b> 2:00P-2:40P Veronica Umholtz	
<b>ZUMBA</b> 4:30P-5:30P GROUP EX ROOM		<b>ZUMBA</b> 4:30P-5:30P GROUP EX ROOM		<b>ZUMBA</b> 12:15P-1:15P GROUP EX ROOM