



GROUP EX WEEKLY UPDATES

Oct.22 – Oct. 28 | Instructor “A” Week

MONDAY

5:15pm

6:00pm

6:30pm

CRT | Sub: Kara

Cardio Jam | Sub : Betty

Core Connection | Sub : Jaimee T.

TUESDAY

11:00am

Aqua Zumba | Sub : Cassie

WEDNESDAY

10:30am

11:30am

Zumba Toning | Sub : Jessica B.

Water Works | Sub : TBD

THURSDAY

11:00am

Aqua Zumba—NOT MEETING TODAY ONLY

FRIDAY

11:45am

Water Works | Sub : Catia

SATURDAY

7:30am

7:30am

9:30am

CRT WIL BE A POUND CLASS TODAY!!!

HIIT | Sub : Bri

Power Intervals | Sub : Allison



Don't see
the updated
schedule?

Refresh
your web
browser