



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## GROUP EXERCISE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 am		Strength Training		Strength Training			All Classes are 45 min long unless otherwise noted
	Cardio Cycling		Cardio Cycling		Cardio Cycling		
6:30 am	Abs/Core (15min)	Abs/Core (15min)	Abs/Core (15min)	Abs/Core (15min)	Abs/Core (15min)		
7:30 am	Yoga		Yoga		Yoga		
9:00 am	Cardio Step	Cardio Strength	Cardio Dance	Cardio Strength	Cardio Step	Powercuts	
		Cardio Cycling		Cardio Cycling			
9:45 am	Abs/Core (15min)	Abs/Core (15min)	Abs/Core (15min)	Abs/Core (15min)	Abs/Core (15min)	Abs/Core (15min)	
10:00 am	Strength Training	Yoga	Muscle Conditioning	Yoga	Strength Training	Tai-Chi	
						Cardio Cycling	
10:45 am	Silver Sneakers Cardio Circuit		Silver Sneakers Cardio Circuit		Silver Sneakers Cardio Circuit		
11:15 am		Silver Sneakers Cardio Circuit		Silver Sneakers Cardio Circuit			
11:45 am	Silver Sneakers MSROM		Silver Sneakers MSROM		Silver Sneakers MSROM		
1:00 pm							Pilates
4:30 pm					Tai- Chi		Water Aerobics schedule on back
5:30 pm	Powercuts	Cardio Kickboxing	Zumba	Cardio Kickboxing	Zumba		
	Cardio Cycling		Cardio Cycling		Cardio Cycling		
6:15 pm	Abs/Core (15min)	Abs/Core (15min)	Abs/Core (15min)	Abs/Core (15min)	Abs/Core (15min)		
6:30 pm	Muscle Conditioning	Yoga	Strength Training	Yoga			
		Cardio Cycling		Cardio Cycling			
7:00 pm	Abs/Core (30min)		Abs/Core (30min)				