



## Downtown Group Exercise Classes

### Monday

9:30 AM Grey Panthers	Bob	Training Room
12:00 PM CrossTrain	Nora	Training Room
12:00 PM Spin	Misty	Spin Room
12:00 PM Yoga	Debra	Yoga Room
12:00 PM Sculpt	Mary	Gym
5:30 PM Boxing	Eric	Training Room

### Tuesday

12:00 Pilates	Sheri	Yoga Room
12:00 Boot Camp	Nora	Training Room
5:30 PM TBF	Sharon	Training Room

### Wednesday

9:30 AM Grey Panthers	Sharon	Training Room
12:00 PM CrossTrain	Nora	Training Room
12:00 PM Spin	Melissa	Spin Room
12:00 PM Yoga	Francine	Yoga Room
12:00 PM Sculpt	Mary	Gym
5:30 PM Boxing	Eric	Training Room

### Thursday

12:00 Pilates	Sheri	Yoga Room
12:00 Boot Camp	Nora	Training Room
5:30 PM TBF	Sharon	Training Room

### Friday

9:30 AM Grey Panthers	Bob	Training Room
12:00 PM CrossTrain	Nora	Training Room
12:00 PM Spin	Melissa	Spin Room
12:00 PM Yoga	Francine	Yoga Room
12:00 PM Sculpt	Mary	Gym