



Downtown Group Exercise Classes

Monday

9:30 AM Grey Panthers	Bob	Training Room
12:00 PM CrossTrain	Nora	Training Room
12:00 PM Spin	Luke	Spin Room
12:00 PM Yoga	Mary	Yoga Room
12:00 PM Sculpt	Sharon	Gym
5:30 PM Boxing	Jennifer	Training Room

Tuesday

12:00 Pilates	Sheri	Yoga Room
12:00 Boot Camp	Nora	Training Room
5:45 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	Jennifer	Training Room

Thursday

12:00 Pilates	Sheri	Yoga Room
12:00 Boot Camp	Nora	Training Room

Friday

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	Francine	Yoga Room
12:00 PM Sculpt	Melissa	Gym