

# THE GYM GROUP XERCISE

## SilverSneakers®/SuperSeniors

MONDAY	10:00 AM	Line Dancing 101
TUESDAY	10:00 AM	SilverSneakers® I - MS-ROM
TUESDAY	11:00 AM	SilverSneakers® I - MS-ROM
WEDNESDAY	10:00 AM	Line Dancing 101
THURSDAY	10:00 AM	SilverSneakers® I - MS-ROM
THURSDAY	11:00 AM	SilverSneakers® I - MS-ROM

## For Newbies Only

MONDAY	5:30 PM	THE GYM WORKOUT -101
TUESDAY	10:15 AM	THE GYM WORKOUT -101
TUESDAY	5:30 PM	THE GYM WORKOUT -101

*Workout Program How-To's Designed for New Members Only*

## AM - GROUP X

Tuesday	9:00 AM	Interval Training
Thursday	9:00 AM	Interval Training

Schedule is Subject to Change Due to Instructor Availability

New Classes & Workshop Info will be Posted in Gym

## PM - GROUP X CLASSES

MONDAY	5:30 PM	CARDIO SURPRISE
MONDAY	6:30 PM	ABS
MONDAY	7:00 PM	BOOT CAMP

TUESDAY	5:30 PM	T-N-T
TUESDAY	6:30 PM	ABS
TUESDAY	7:00 PM	Cardio Funk
TUESDAY	7:00 PM	Pilates

WEDNESDAY	5:30 PM	L.E.A.H.
WEDNESDAY	6:30 PM	ABS
WEDNESDAY	7:00 PM	BOOT CAMP

THURSDAY	5:30 PM	T-N-T
THURSDAY	6:30 PM	ABS
THURSDAY	6:30 PM	Kick, Punch & Define
THURSDAY	7:00 PM	Pilates