

# GroupEx Schedule

## GroupEx Studio Schedule

MONDAY 12/20		TUESDAY 12/21		WEDNESDAY 12/22		THURSDAY 12/23		FRIDAY 12/24		SATURDAY 12/25	
5:00		5:00		5:00		5:00		5:00		5:00	
:15		:15		:15		:15		:15		:15	
:30		:30		:30		:30		:30		:30	
:45		:45		:45		:45		:45		:45	
6:00		6:00		6:00		6:00		6:00		6:00	
:15		:15		:15		:15		:15		:15	
:30		:30		:30		:30		:30		:30	
:45		:45		:45		:45		:45		:45	
7:00	<b>AEROBIC STRENGTH</b> <i>Kim B.</i> 7:30-8:20	7:00	<b>CORE &amp; MORE</b> Shannon 7:30-8:00	7:00	<b>AEROBIC STRENGTH</b> <i>Kim B.</i> 7:30-8:30	7:00		7:00	<b>AEROBIC STRENGTH</b> <i>Kim B.</i> 7:30-8:30	7:00	
:15		:15		:15		:15		:15		:15	
:30		:30		:30		:30		:30		:30	
:45		:45		:45		:45		:45		:45	
8:00	<b>TRANSITION</b>	8:00	<b>TRANSITION</b>	8:00		8:00		8:00		8:00	
:15		:15		:15		:15		:15		:15	
:30	<b>FITFUSION</b> <i>Shannon</i> 8:45-9:35	:30	<b>POWER HOUR</b> <i>Shannon</i> 8:15-9:15	:30	<b>Hybrid TRX</b> <i>Shannon</i> 8:45-9:35	:30		:30	<b>POWER HOUR</b> <i>Shannon</i> 8:15-9:15	:30	
:45		:45		:45		:45		:45		:45	
9:00		9:00		9:00		9:00		9:00		9:00	
:15		:15		:15		:15		:15		:15	
:30		:30		:30		:30		:30		:30	
:45		:45		:45		:45		:45		:45	
10:00	<b>SHAPE UP with</b> <i>Shannon</i> 10:00-11:00	10:00		10:00	<b>SHAPE UP with</b> <i>Shannon</i> 10:00-11:00	10:00		10:00		10:00	
:15		:15		:15		:15		:15		:15	
:30		:30		:30		:30		:30		:30	
:45		:45		:45		:45		:45		:45	
11:00		11:00	<b>TAI CHI</b> Diane 11:15-12:00	11:00		11:00		11:00	<b>TAI CHI</b> Diane 11:15-12:00	11:00	
:15		:15		:15		:15		:15		:15	
:30		:30		:30		:30		:30		:30	
:45		:45		:45		:45		:45		:45	
12:00		12:00		12:00		12:00		12:00		12:00	
:15		:15		:15		:15		:15		:15	
:30		:30		:30		:30		:30		:30	
:45		:45		:45		:45		:45		:45	
1:00		1:00		1:00		1:00		1:00		1:00	
:15		:15		:15		:15		:15		:15	
:30		:30		:30		:30		:30		:30	
:45		:45		:45		:45		:45		:45	
2:00		2:00		2:00		2:00		2:00		2:00	
:15		:15		:15		:15		:15		:15	
:30		:30		:30		:30		:30		:30	
:45		:45		:45		:45		:45		:45	
5:30	<b>Power Yoga</b> <i>Melinda</i> 5:30-6:15	5:30	<b>ROCK &amp; ROW</b> <i>Heidi</i> 5:30-6:15	5:30	<b>CYCLE &amp; SCULPT</b> <i>Heidi</i> 5:30-6:15	5:30	<b>FUNCTIONAL FIT</b> <i>Kim B.</i> 5:30-6:30	5:30		5:30	
:45		:45		:45		:45		:45		:45	
6:00	<b>TRANSITION</b>	6:00		6:00		6:00		6:00		6:00	
:15		:15		:15		:15		:15		:15	
:30	<b>ZUMBA</b> <i>Casey</i> 6:30-7:15	:30		:30		:30		:30		:30	
:45		:45		:45		:45		:45		:45	
7:00		7:00		7:00		7:00		7:00		7:00	
:15		:15		:15		:15		:15		:15	

## GroupEx HCM Wellness Center Schedule

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
8:00		8:00		8:00		8:00		8:00	
:15		:15		:15		:15		:15	
:30		:30		:30		:30		:30	
:45		:45		:45		:45		:45	
9:00		9:00	<b>H2O WORKOUT</b> <i>Diane</i> 8:30-9:30	9:00	<b>H2O WORKOUT</b> <i>Diane</i> 8:30-9:30	9:00	<b>H2O WORKOUT</b> <i>Kim B.</i> 8:30-9:30	9:00	
:15		:15		:15		:15		:15	
:30		:30	<b>ARTHRITIS THERAPY</b> <i>Diane</i> 9:30-10:30	:30	<b>AQUA CHI</b> <i>Diane</i> 9:45-10:30	:30	<b>ARTHRITIS THERAPY</b> <i>Diane</i> 9:30-10:30	:30	
:45		:45		:45		:45		:45	
10:00		10:00	<b>MASTER SWIM</b> <i>Al</i> 10:30-11:30	10:00		10:00	<b>MASTER SWIM</b> <i>Al</i> 10:30-11:30	10:00	
:15		:15		:15		:15		:15	
:30		:30		:30		:30		:30	
:45		:45		:45		:45		:45	
11:00		11:00		11:00		11:00		11:00	
:15		:15		:15		:15		:15	
:30		:30		:30		:30		:30	
:45		:45		:45		:45		:45	
<b>FITNESS POOL RESERVED M-F 4-5:30P FOR YOUTH PROGRAMMING</b>									
5:30	<b>AQUA POWER</b> <i>Kim B.</i> 5:45-6:30	5:30		5:30		5:30		5:30	
:45		:45		:45		:45		:45	
6:00		6:00		6:00		6:00		6:00	
:15		:15		:15		:15		:15	
:30		:30		:30		:30		:30	
:45		:45		:45		:45		:45	
7:00		7:00		7:00		7:00		7:00	
:15		:15		:15		:15		:15	

# GroupEx Schedule

## GroupEx Studio Schedule

MONDAY 12/27		TUESDAY 12/28		WEDNESDAY 12/29		THURSDAY 12/30		FRIDAY 12/31		SATURDAY 1/1	
5:00 :15 :30 :45		5:00 :15 :30 :45		5:00 :15 :30 :45		5:00 :15 :30 :45		5:00 :15 :30 :45		5:00 :15 :30 :45	
6:00 :15 :30 :45		6:00 :15 :30 :45		6:00 :15 :30 :45	<b>CYCLING FITNESS</b> <i>Julie</i> 6:00-6:45	6:00 :15 :30 :45		6:00 :15 :30 :45		6:00 :15 :30 :45	
7:00 :15 :30 :45	<b>AEROBIC STRENGTH</b> <i>Kim B.</i> 7:30-8:20	7:00 :15 :30 :45	<b>CORE &amp; MORE</b> <i>Shannon</i> 7:30-8:00	7:00 :15 :30 :45	<b>AEROBIC STRENGTH</b> <i>Kim B.</i> 7:30-8:30	7:00 :15 :30 :45		7:00 :15 :30 :45	<b>AEROBIC STRENGTH</b> <i>Kim B.</i> 7:30-8:30	7:00 :15 :30 :45	
8:00 :15 :30 :45	<b>TRANSITION</b> <b>FITFUSION</b> <i>Shannon</i> 8:45-9:35	8:00 :15 :30 :45	<b>TRANSITION</b> <b>POWER HOUR</b> <i>Shannon</i> 8:15-9:15	8:00 :15 :30 :45	<b>Hybrid TRX</b> <i>Shannon</i> 8:45-9:35	8:00 :15 :30 :45	<b>POWER HOUR</b> <i>Shannon</i> 8:15-9:15	8:00 :15 :30 :45		8:00 :15 :30 :45	
9:00 :15 :30 :45	<b>TRANSITION</b>	9:00 :15 :30 :45		9:00 :15 :30 :45		9:00 :15 :30 :45		9:00 :15 :30 :45		9:00 :15 :30 :45	
10:00 :15 :30 :45	<b>SHAPE UP with</b> <i>Shannon</i> 10:00-11:00	10:00 :15 :30 :45		10:00 :15 :30 :45	<b>SHAPE UP with</b> <i>Shannon</i> 10:00-11:00	10:00 :15 :30 :45		10:00 :15 :30 :45	<b>SHAPE UP with</b> <i>Shannon</i> 10:00-11:00	10:00 :15 :30 :45	
11:00 :15 :30 :45	<b>TRANSITION</b> <b>SIT TO BE FIT</b> <i>Kim T.</i> 11:15-12:05	11:00 :15 :30 :45	<b>TAI CHI</b> <i>Diane</i> 11:15-12:00	11:00 :15 :30 :45	<b>TRANSITION</b> <b>SIT TO BE FIT</b> <i>Kim T.</i> 11:15-12:05	11:00 :15 :30 :45	<b>TAI CHI</b> <i>Diane</i> 11:15-12:00	11:00 :15 :30 :45		11:00 :15 :30 :45	
12:00 :15 :30 :45	<b>FBG Bible Church</b>	12:00 :15 :30 :45		12:00 :15 :30 :45	<b>FBG Bible Church</b>	12:00 :15 :30 :45		12:00 :15 :30 :45		12:00 :15 :30 :45	
1:00 :15 :30 :45	<b>TRANSITION</b> <b>PILATES</b> <i>Kim T.</i> 12:30-1:30	1:00 :15 :30 :45		1:00 :15 :30 :45	<b>PILATES</b> <i>Kim T.</i> 12:30-1:30	1:00 :15 :30 :45		1:00 :15 :30 :45		1:00 :15 :30 :45	
2:00 :15 :30 :45	<b>FBG Bible Church</b>	2:00 :15 :30 :45		2:00 :15 :30 :45	<b>FBG Bible Church</b>	2:00 :15 :30 :45		2:00 :15 :30 :45		2:00 :15 :30 :45	
5:30 :45	<b>Power Yoga</b> <i>Melinda</i> 5:30-6:15	5:30 :45	<b>ROCK &amp; ROW</b> <i>Heidi</i> 5:30-6:15	5:30 :45	<b>CYCLE &amp; SCULPT</b> <i>Julie</i> 5:30-6:15	5:30 :45	<b>FUNCTIONAL FIT</b> <i>Kim B.</i> 5:30-6:30	5:30 :45		5:30 :45	
6:00 :15 :30 :45	<b>TRANSITION</b> <b>ZUMBA</b> <i>Casey</i> 6:30-7:15	6:00 :15 :30 :45		6:00 :15 :30 :45		6:00 :15 :30 :45		6:00 :15 :30 :45		6:00 :15 :30 :45	
7:00 :15		7:00 :15		7:00 :15		7:00 :15		7:00 :15		7:00 :15	

## GroupEx HCM Wellness Center Schedule

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
8:00 :15 :30 :45		8:00 :15 :30 :45	<b>H2O WORKOUT</b> <i>Diane</i> 8:30-9:30	8:00 :15 :30 :45	<b>H2O WORKOUT</b> <i>Diane</i> 8:30-9:30	8:00 :15 :30 :45	<b>H2O WORKOUT</b> <i>Kim B.</i> 8:30-9:30	8:00 :15 :30 :45	
9:00 :15 :30 :45		9:00 :15 :30 :45	<b>ARTHRITIS THERAPY</b> <i>Diane</i> 9:30-10:30	9:00 :15 :30 :45	<b>AQUA CHI</b> <i>Diane</i> 9:45-10:30	9:00 :15 :30 :45	<b>ARTHRITIS THERAPY</b> <i>Diane</i> 9:30-10:30	9:00 :15 :30 :45	
10:00 :15 :30 :45		10:00 :15 :30 :45	<b>MASTER SWIM</b> <i>Al</i> 10:30-11:30	10:00 :15 :30 :45		10:00 :15 :30 :45	<b>MASTER SWIM</b> <i>Al</i> 10:30-11:30	10:00 :15 :30 :45	
11:00 :15 :30 :45		11:00 :15 :30 :45		11:00 :15 :30 :45		11:00 :15 :30 :45		11:00 :15 :30 :45	
<b>FITNESS POOL RESERVED M-F 4-5:30P FOR YOUTH PROGRAMMING</b>									
5:30 :45	<b>AQUA POWER</b> <i>Kim B.</i> 5:45-6:30	5:30 :45		5:30 :45		5:30 :45		5:30 :45	
6:00 :15 :30 :45		6:00 :15 :30 :45		6:00 :15 :30 :45		6:00 :15 :30 :45		6:00 :15 :30 :45	
7:00 :15		7:00 :15		7:00 :15		7:00 :15		7:00 :15	