











Group Exercise Schedule

Effective January 8, 2018

Please let front desk staff know which class you are attending so they can check you into the class.
Classes maintaining low attendance may be cancelled.

	Monday	Tuesday	Wednesday	Thursday	Friday
8:45 am	 Margot	Cardio/Stretch Rotate	 Carolyn	Pilates/Stretch Nan	Half 'n Half Nan
9:15 am		 Beth		 Beth	
10:00 am	 Cheryl W. Pilates Total Toning Nan	 Margot	 Natalie		 Natalie

*If you are new to exercise or taking a class for the first time, please come early and check in with the instructor for information about what to expect or any special modifications. For land classes wear comfortable breathable clothing and proper footwear. **For aquatic classes wear proper swimsuits (no cut-offs) and shower before entering pools and spas.** We recommend sunscreen for outdoor classes and drinking water for all classes.*

Lead instructors listed. Occasionally there will be substitute instructors.