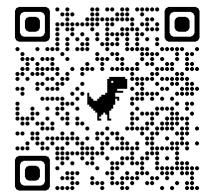


GROUP EXERCISE SPRING 2024

March 31st - June 6th

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	Zumba® 9:15-10:15 a.m. Noriko (Studio B)	Cycle 9:15-10:00 a.m. Emily (Studio A)	Gentle Yoga 9:00-10:00 a.m. Kaylee (Studio B)	Cycle 8:15-9 a.m. Tayra (Studio A)	Cycle 8:15-9 a.m. Kate (Studio A)	Cycle/Strength 9-10a.m. Sachi (Studio C)	
	Cardio Strength Fusion 10:30–11:30 a.m. Audrey (Studio B)	Vinyasa Yoga 9:15-10:15 a.m. Tamara (Studio B)	Cycle 9:15-10 a.m. Tara (Studio A)	Relax and Recover Yoga 9:15-10:15 a.m. Tamara (Studio D)	Cycle/Strength 11:00-12:15 a.m. Griffin (Studio C)	Vinyasa Yoga 9:15-10:15 a.m. Tamara (Studio B)	
			Cycle Strength 11:00-12:15 p.m. Griffin (Studio B)	Cycle 11:15-12 p.m. Emily (Studio A)	Vinyasa Yoga 11:15 a.m.-12:15 p.m. William (Studio B)		
AFTERNOON		Zumba 4:00-5:00 p.m. Susana (Studio C)	Cardio Strength Fusion 1:00-2:00 p.m. Irene (Studio B)	Total Body Strengthening 1:00-2 p.m. Dora (Studio B)	Yin Yoga 12:30-1:45 p.m. William (Studio B)	Strength Yoga 1:00-2:00 p.m. Madison (Studio B)	
		Slow Flow 4:15-5:15 p.m. Laurel (Studio B)	Cycle 4:30-5:15 p.m. Grace (Studio A)	Slow Flow 4:15-5:15 p.m. Laurel (Studio B)	Mobility Yoga 3:00-4:00 p.m. Madison (Studio B)		
		Pumping Plates 5:15-6:15 p.m. Greg (Studio C)	Pumping Plates 5:30-6:30 p.m. Greg (Studio C)	Party Cycle 5:15-6 p.m. Ellie (Studio A)	Zumba 4 p.m.-5 p.m. Susana (Studio C)		
EVENING		Zumba® 5:30–6:30 p.m. Kris (Studio B)	Circuit Training 6:45-7:45 p.m. Mary (Studio B)	Zumba® 5:15-6:15 p.m. Christina (Studio C)	Cycle 4:30-5:15 p.m. Grace (Studio A)	Pumping Plates 5:30–6:30p.m. Greg (Studio C)	
		Party Cycle 6:00-6:45 p.m. Tayra (Studio A)	Party Cycle 7:15-8:00 p.m. Elise (Studio A)	Core/Cardio Fusion 5:30–6:30p.m. Greg (Studio B)	Pumping Plates 5:15-6:15 p.m. Greg (Studio C)		
		HIIT 6:45-7:30 p.m. Ellie (Studio B)	Total Body Strengthening 7:15-8:15 p.m. Audrey (Studio C)	Cycle 6:30-7:00 p.m. Jules (Studio A)	H.E.A.T. 5:30-6:15 p.m. Dora (Studio B)		
		Core Fusion 8:00-8:30 p.m. Dora (Studio B)			Total Body Strengthening 6:30-7:30p.m. Elise (Studio B)		
					Party Cycle 7:15-8:00 p.m. Roya (Studio A)		

FIND OUT MORE ABOUT
LIVING WELL OFFERINGS:



REGISTER FOR A CLASS:



NOTE: Admission into Group Exercise (GX) classes requires a valid GX membership. Access for participants who have a GX membership, but are not pre-registered for classes, are permitted on a first-come, first-served basis. Check-in for classes will begin 10-15 minutes prior to start time. Access is not permitted after the first 5 minutes of class. Living Well reserves the right to cancel classes or make changes to the schedule. Times and classes are subject to change or cancellation without notice. View our website for the most updated information on adjusted schedules or cancellations.