



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FIVE POINTS BRANCH

WINTER GROUP EX SCHEDULE

WINTER 2019

JANUARY 2ND –

FEBRUARY 24TH

All classes are 45 minutes unless noted:

*= 60 min.

**= 30 min.

Group Exercise classes are FREE for Full Members.

Schedule is subject to change due to weather.

Child Watch Available

Mon Tues, Wed, Fri

6:00-8:30pm

Thursdays

6:15-8:30pm

Saturdays

9:00am-12:00pm

	Mon	Tues	Wed	Thurs	Fri	Sat
6:45am Sunrise Yoga* Lisa G Studio	7:00am Deepak Chopra Yo- ga* Donna V. Studio	6:45am Sunrise Yoga* Lisa G Studio	7:00am Deepak Chopra Yoga* Donna V. Studio			8:00am Sunrise Yoga* Lisa G Studio
9:00am AOA Fitness Linda Gym	8:00am Arthritis Program * Linda Gym	9:00am AOA Fitness Linda Gym	8:00am Arthritis Program * Linda Gym			
10:15am Enhance Fitness* Linda Studio	9:15am Arthritis Program * Linda Gym	10:15am Enhance Fitness* Linda Studio	9:15am Arthritis Program * Linda Gym	10:15am Enhance Fitness* Linda Studio		
	10:30 am Tai Chi Linda Gym		10:30 am Tai Chi Linda Gym			
6:00pm Yogalates Rose Studio			6:30pm Zumba Toning Beth Studio			
6:45pm Medita- tion101** Rose Studio			6:45pm Medita- tion101** Rose Upstairs	6:45pm Family Zumba Beth Studio		
7:30pm Zumba Nicole Studio			7:15pm Yoga Rose Studio			

WATER EXERCISE	Mon	Tues	Wed	Thurs	Fri
Gentle Exercise	8:00am 10:00am		8:00am 10:00am		10:00am
Deep Water	9:00am		9:00am		9:00am
Hydro Health		9:00am		9:00am	
Aqua Zumba	8:00pm	8:00pm			
Aqua Blast			8:00pm		