



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FIVE POINTS BRANCH SPRING GROUP EXERCISE SCHEDULE

SPRING 1 2018
February 25th –
April 22nd

All classes are 45 minutes unless noted:

*** = 60 min.**
**** = 30 min.**

Group Exercise classes are FREE for Full Members.

Schedule may be subject to change due to weather.

Child Watch Available

Monday 6:00-8:30pm

Thursday 6:15-8:30pm

Friday 6:00-8:00pm

Updated 1/3/18

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:45am Sunrise Yoga* Lisa G Studio	7:00am Deepak Chopra Yoga* 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	
	10:15am Enhance Fitness* Linda Studio	9:15am Arthritis Program * Linda Gym	10:15am Enhance Fitness* Linda Studio	9:15am Arthritis Program * Linda Gym		
	6:00pm Yogalates Rose Studio	10:30 am Tai Chi Linda Gym		10:30 am Tai Chi Linda Gym		
	6:45pm Meditation101** Rose Studio			6:30pm Zumba Toning Beth Studio	6:45pm Family Zumba Beth Studio	
	7:30pm Zumba Nicole Studio			7:15pm Yoga Rose Studio		

WATER EXERCISE	Monday	Tuesday	Wednesday	Thursday	Friday
Gentle Exercise	8:00am 9:00am 11:00am		8:00am 9:00am 11:00am		9:00am
Deep Water	10:00am		10:00am		10:00am
Hydro Health		9:00am		9:00am	
Aqua Zumba	8:00 pm		8:00pm		
Aqua Blast		8:05pm			