



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FIVE POINTS BRANCH

FALL GROUP EXERCISE SCHEDULE

FALL 2017
SEPTEMBER 4th -
OCTOBER 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,
Thursday,
Friday
6:00-8:15pm

Updated
9/1/17

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:45am Sunrise Yoga* Lisa G Studio <i>*Starting 9/18</i>	7:00am Deepak Chopra Yoga* Donna V. Studio	6:45am Sunrise Yoga* Lisa G Studio <i>*Starting 9/20</i>	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 Boot Camp Gina Studio <i>*Starting 9/25</i>	10:30 am Tai Chi Linda Gym		10:30 am Tai Chi Linda Gym		
	6:45pm All Abs** Gina Studio <i>*Starting 9/25</i>			6:15pm Barre Fitness Shaheeda Studio	6:45pm Family Zumba Beth Studio	
	7:30pm Zumba Beth Studio			7:15pm H.I.I.T. Mike 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		