



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FIVE POINTS BRANCH SUMMER GROUP EXERCISE SCHEDULE

SUMMER 2018
June 18th –
September 2nd

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
6:00-8:30pm
Saturday
8:00am-12:00pm

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 Enhance Fitness* Linda Studio		8:00am AOA Fitness Linda Gym	7:15 am Tai Chi in the Park Linda Gym	8:00am Enhance Fitness* Linda Studio	8:00am Sunrise Yoga* Lisa G Studio
	8:30am Arthritis Program * Linda Gym		8:30am Arthritis Program * Linda Gym		
6:00pm Yogalates Rose Studio					
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	7:45am		7:45am		7:45am
Deep Water	8:30am		8:30am		8:30am
Hydro Health		8:30am		8:30am	
Aqua Zumba	8:05 pm		8:00pm		