



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FIVE POINTS BRANCH

## WINTER GROUP EXERCISE SCHEDULE

**WINTER 2018**  
**January 2<sup>nd</sup> –**  
**February 25<sup>th</sup>**

**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**  
**6:15-8:15pm**

**Friday**  
**6:00-8:00pm**

Updated 1/3/18

|  | Monday  | Tuesday  | Wednesday   | Thursday   | Friday  | Saturday   |
|--|---|--|---|--|---|--|
|  | <b>6:45am</b><br>Sunrise Yoga*<br>Lisa G<br>Studio    | <b>7:00am</b><br>Deepak Chopra Yoga*<br>Donna V.<br>Studio | <b>6:45am</b><br>Sunrise Yoga*<br>Lisa G<br>Studio    | <b>7:00am</b><br>Deepak Chopra Yoga*<br>Donna V.<br>Studio |   | <b>8:00am</b><br>Sunrise Yoga*<br>Lisa G<br>Studio |
|  | <b>9:00am</b><br>AOA Fitness<br>Linda<br>Gym          | <b>8:00am</b><br>Arthritis Program *<br>Linda<br>Gym       | <b>9:00am</b><br>AOA Fitness<br>Linda<br>Gym          | <b>8:00am</b><br>Arthritis Program *<br>Linda<br>Gym       | <b>10:15am</b><br>Enhance Fitness*<br>Linda<br>Studio |  |
|  | <b>10:15am</b><br>Enhance Fitness*<br>Linda<br>Studio | <b>9:15am</b><br>Arthritis Program *<br>Linda<br>Gym       | <b>10:15am</b><br>Enhance Fitness*<br>Linda<br>Studio | <b>9:15am</b><br>Arthritis Program *<br>Linda<br>Gym       |   |  |
|  | <b>6:00pm</b><br>Yogalates<br>Rose<br>Studio          | <b>10:30 am</b><br>Tai Chi<br>Linda<br>Gym                 |   | <b>10:30 am</b><br>Tai Chi<br>Linda<br>Gym                 |   |  |
|  | <b>6:45pm</b><br>Meditation101**<br>Rose<br>Studio    |  |   | <b>7:15pm</b><br>Yoga<br>Rose<br>Studio                    | <b>6:45pm</b><br>Family Zumba<br>Beth<br>Studio       |  |
|  | <b>7:30pm</b><br>Zumba<br>Beth<br>Studio              |  |   |  |   |  |

| WATER EXERCISE  | Monday                      | Tuesday | Wednesday                   | Thursday | Friday  |
|-----------------|-----------------------------|---------|-----------------------------|----------|---------|
| Gentle Exercise | 8:00am<br>9:00am<br>11:00am |         | 8:00am<br>9:00am<br>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                      |          |         |