



Memorial Day Weekend 2024 Group Ex Class Schedule

Friday, May 24 th Center Hours: 5am-8pm	Saturday, May 25 th Center Hours: 7am-5pm
<p><u>6:00am ***Speed & Agility HIIT</u> Sunshine. /LAR</p> <p><u>8:30am **Full Strength</u> Jeanie X./LAR</p> <p><u>8:30am **Spinning</u> Brittainy H./SAR</p> <p><u>9:30am **Cardio Strength and Stretch Lite!</u> Marcia S./LAR</p> <p><u>9:30am *Gentle Yoga</u> Trevor E. /CR</p> <p><u>10:45am **Aqua Blast</u> Marcia S./LAP</p> <p><u>12:00pm *Circuit (45)</u> Staff /FF</p>	<p><u>8:30am **Spinning®</u> Michelle W./SAR</p> <p><u>9:45am **BODYPUMP™</u> Michelle W./LAR</p> <p><u>10:45am **Aqua Power</u> Rhonda C./LAP</p>
Sunday, May 26 th Center Hours: 7am-5pm	Monday, May 27 th Memorial Day Center Hours: 7am-Noon
<p><u>8:45am **BODYPUMP™</u> Sunshine T. /LAR</p> <p><u>9:00am **Spinning®</u> Dale K./SAR</p>	<p><u>8:30am **Cardio Strength</u> Jeanie X./LAR</p> <p><u>9:00am *Gentle Yoga</u> Diane M./CR</p> <p><u>10:30am *Aqua Zen</u> Diane M./WARM</p>