

DE STRESS FEST

GROUP X SCHEDULE*

Monday November 2

6:00 am	Cycle
11:00 am	Senior Splash
12:00 pm	Cycle
12:00 pm	Water Fit
5:00 pm	Body Pump
6:00 pm	Body Combat

Tuesday November 3

6:00 am	Cycle
12:00 pm	Cardio H2O
12:00 pm	Yoga
5:00 pm	Body Pump
5:00 pm	Grappling

Wednesday November 4

6:00 am	Cycle
11:00 am	Senior Splash
12:00 pm	Cycle
5:00 pm	Body Pump

Thursday November 5

6:00 am	Cycle
12:00 pm	Yoga
12:00 pm	Cardio H2O
5:00 pm	Cycle
5:00 pm	Zumba
5:00 pm	Grappling
6:00 pm	Kickboxing

Friday November 6

6:00 am	Cycle
5:00 pm	Step Strength

Saturday November 7

9:00 am	Yoga
10:00 am	Zumba

* Be sure to stop by the Welcome Desk before each class to pick up your Group X pass.
Classes are FREE this week, but *class size is LIMITED!!*