

**OLYMPIA GROUP FITNESS LOWER ROOM**  
**MORNING & AFTERNOON CLASSES**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00-7:00AM BODYPUMP™		6:00-7:00AM BODYPUMP™		
8:00-9:00AM CYCLING	8:00-9:30AM BOOTCAMP Basketball Court	8:00-9:00AM TREAD & SHED Cardio Theater	8:00-9:30AM BOOTCAMP	8:00-9:00AM TREAD & SHED Cardio Theater	8:30-9:30am TREAD & SHED Cardio Theater
8:30-9:30AM BODYPUMP™	8:30-9:30AM HIIT BOOTCAMP	8:30-9:30AM BODYPUMP™		8:30-9:30AM BODYSTEP®	9:00-10:00AM RPM™ CYCLING
10:00-11:00AM SilverSneakers CLASSIC®	10:00-11:00AM LINE DANCING	10:00-11:00AM SilverSneaker CLASSIC®	9:45-10:45AM SilverSneakers CLASSIC®	10:00-11:00AM SilverSneakers CLASSIC®	10:15-11:15AM BODYPUMP™
					<b>SUNDAY</b>
				11:15-12:15PM SILVERSNEAKER YOGA®	2:00-3:00PM ZUMBA / POUND alternates weekly
				12:30-1:30PM LINE DANCING	

**EVENING CLASSES**

	4:45-5:45PM FLOW YOGA ZOOM	4:30-5:30PM PULSE PILATES	4:45-5:45PM MINDFUL FLOW YOGA ZOOM		
5:30-6:30PM PULSE PILATES	5:00-6:00PM BODYPUMP™		5:00-6:00PM POUND®	5:30-6:30PM YOGA STRETCH	
6:00-7:00PM RPM™ Cycling	6:00-7:00PM CYCLING	5:45-6:45PM BODYSTEP®	5:30-6:00pm RPM™ Express Cycling		
6:30-7:30PM PULSE STRENGTH	6:15-7:15PM POUND®	6:45-7:45PM PULSE STRENGTH	6:15-7:15PM BODYPUMP™		

**AQUA AEROBICS**

9:00-10:00AM HYDROTONE		9:00-10:00AM HYDROTONE		9:00-10:00AM HYDROTONE	
10:00-11:00AM AQUA AEROBICS		10:00-11:00AM AQUA AEROBICS		10:00-11:00AM AQUA AEROBICS	
5:30-6:30PM AQUA AEROBICS		5:30-6:30PM PULSE AQUA	5:30-6:30PM PULSE AQUA		

**NURSERY HOURS**

**MORNINGS - MONDAY – FRIDAY 8:00AM – 12:00PM**  
**SATURDAY – 8:30AM – 12:00PM**  
**EVENINGS - MONDAY – THURSDAY 4:30PM – 8:00PM**  
**FRIDAY – 5:15PM – 7:15PM**

**MAIN BUILDING HOURS**

**MONDAY – THURSDAY 5:30AM – 10:00PM**  
**FRIDAY 5:30AM – 9:00PM**  
**SATURDAY 8:00AM – 7:00PM**  
**SUNDAY 12:00PM – 7:00PM**