

OLYMPIA GROUP FITNESS LOWER ROOM

CHECK UPPER BUILDING SCHEDULE FOR ADDITIONAL CLASSES HELD IN THE NEW GROUP FITNESS ROOM

MORNING & AFTERNOON CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00-7:00AM BODYPUMP™		6:00-7:00AM BODYPUMP™		8:30-9:30am TREAD & SHED Cardio Theater
7:45-8:30AM SUNRISE FITNESS	7:45-8:30AM SENIOR ZUMBA	7:45-8:30AM SUNRISE FITNESS		7:45-8:30AM SUNRISE FITNESS	9:00-10:00AM RPM™ CYCLING
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	9:15-10:00AM YOGA MIX
8:45-9:45AM BODYPUMP™	8:45-9:45AM HIIT BOOTCAMP	8:45-9:45AM BODYPUMP™		8:45-9:45AM BODYSTEP®	10:15-11:15AM BODYPUMP™
10-11AM SilverSneakers CLASSIC®	10-11AM LINE DANCING	10-11AM SilverSneaker CLASSIC®	9:45-10:45AM SilverSneakers CLASSIC®	10-11AM SilverSneakers CLASSIC®	
					SUNDAY
				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 STRETCH	4:45-5:45PM MINDFUL FLOW YOGA ZOOM		
5:30-6:30PM PULSE PILATES	5:00 – 6:00 PM BODYPUMP		5:00-6:00 PM 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		
6:45-7:45PM PULSE STRENGTH	6:15-7:15PM POUND®	7-8PM 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 AQUA AEROBICS	5:30-6:30PM AQUA AEROBICS		

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