



ROSCOE BRANCH

Group Exercise Schedule

Monday

Time	Class	Location	Instructor
A.M. Classes			
5:30-6:30	Morning Mashup	Gym	Amy
8:10-8:40	Sprint	Gym	Stacy**
9:00-9:45	Pilates- Human Reformer	Gym	Sarah
10:10-10:55	Senior Fit	Gym	Michelle
11:15-11:55	Pedaling For Parkinson's	Gym	Michelle+

P.M. Classes

5:15-6:15	BodyPump	Gym	Renee
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Tuesday

Time	Class	Location	Instructor
A.M. Classes			
5:15-6:15	BodyPump	Gym	Stacy
9:00-10:00	BodyCombat	Gym	Ann H/Ann M
10:10-10:55	Pilates	Gym	Joan

P.M. Classes

5:30-6:00	Sprint	Gym	Renee**
6:10-6:55	Zumba	Gym	Heather

Wednesday

Time	Class	Location	Instructor
A.M. Classes			
5:30-6:30	Morning Mashup	Gym	Stacy Y.
8:10-8:40	Sprint	Gym	Ann M.**
9:00-9:45	Functional Strength	Gym	Erin
10:10-10:55	Senior Fit	Gym	Paul
11:15-11:55	Pedaling For Parkinson's	Gym	Erin+

P.M. Classes

5:15-6:15	BodyPump	Gym	Polly/Renee
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Thursday

Time	Class	Location	Instructor
A.M. Classes			
5:15-6:15	BodyPump	Gym	Stacy
9:00-10:00	BodyCombat	Gym	Sarah
10:10-10:55	Pilates	Gym	Joan
P.M. Classes			
5:30-6:00	Sprint	Gym	Erin**
6:10-6:55	Zumba	Gym	Alisha

Friday

Time	Class	Location	Instructor
A.M. Classes			
5:05-5:35	Sprint	Gym	Sarah**
5:45-6:15	Grit	Gym	Sarah
8:10-8:40	Sprint	Gym	Erin**
9:00-9:45	BodyBalance	Gym	Ann M.
10:10-10:55	Senior Fit	Gym	Alisha
11:15-11:55	Pedaling For Parkinson's	Gym	Rotation+

Saturday

Time	Class	Location	Instructor
A.M. Classes			
6:45-7:45	BodyPump	Gym	Renee F.
7:55-8:25	LesMills Core	Gym	Polly
8:35-9:35	BodyCombat	Gym	Polly
9:45-10:30	Pilates	Gym	Joan

****Reservation required for Sprint**
+This chronic disease program requires a medical diagnosis