



# ROSCOE BRANCH Group Exercise Schedule

## Monday

Time	Class	Location	Instructor
<b>A.M. Classes</b>			
5:30-6:30	Morning Mashup	Gym	Amy
8:10-8:40	Sprint	Gym	Stacy H.**
9:00-9:50	Functional Strength	Gym	Ann M.
10:10-10:55	Forever Fit	Gym	Michelle
11:05-11:45	Pedaling For Parkinson's	Gym	Michelle+

### P.M. Classes

5:15-6:15	BodyPump	Gym	Renee F.
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## Tuesday

Time	Class	Location	Instructor
<b>A.M. Classes</b>			
5:15-6:15	BodyPump	Gym	Stacy H.
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 F.**
6:10-6:55	Zumba	Gym	Heather

## Wednesday

Time	Class	Location	Instructor
<b>A.M. Classes</b>			
5:30-6:30	Morning Mashup	Gym	Stacy Y.
8:10-8:40	Sprint	Gym	Ann M.**
9:00-9:50	Functional Strength	Gym	Erin
10:10-10:55	Forever Fit	Gym	Rotation
11:05-11:45	Pedaling For Parkinson's	Gym	Erin+

### P.M. Classes

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

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

## Friday

Time	Class	Location	Instructor
<b>A.M. Classes</b>			
5:05-5:35	Sprint	Gym	Sarah**
5:45-6:15	Grit	Gym	Sarah
8:10-8:40	Sprint	Gym	Erin**
9:00-9:50	BodyBalance	Gym	Ann M.
10:10-10:55	Forever Fit	Gym	Alisha
11:05-11:45	Pedaling For Parkinson's	Gym	Rotation+

## Saturday

Time	Class	Location	Instructor
<b>A.M. Classes</b>			
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

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