**EASTLAKE24 SR 23**

**Group Fitness**

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| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
|  |  |  |  |  | 7am  Spin  **Audrey/Maggie**  Max:13 |
|  | 8:30am  Bootcamp  **Maggie**  Max:18 |  |  | 8:30am  Pilates  **Vickie**  Max:18 | 8:15am Bootcamp  **Maggie**  Max:18 |
|  |  |  |  | 9:45am  Senior Fitness  **Vickie**  Max:18 | 9:15am  Zumba  **Olga**  Max:18 |
| 10:00am  Silver Sneakers  **Sara**  Max:18 |  | 10:00am  Silver Sneakers  **Sara**  Max:18 |  |  |  |
| 5:30pm  Zumba  **Olga**  Max:18 | 5:30pm  Spin  **TJ**  Max:18 | 5:15pm  Strength  **TJ**  Max:18 | 5:30pm  Boxing Class  **Nate** |  |  |
|  | 6:30pm  Boxing Class  **Nate** | 6:15pm  Zumba  **Olga**  Max:18 |  |  |  |

PLEASE REGISTER ONLINE AT LEAST **1 DAY** PRIOR TO CLASS.