

EASTLAKE24 SR 23

Group Fitness

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.