

Group Exercise Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.	SUN.
<i>Mornings</i>							
6:30-7:30 AM	Sculpt & Tone	Balance & Strength	Sculpt & Tone	Balance & Strength			
7:00-8:00 AM					Great Balls of Fire		
7:45-8:45 AM	Yogalates	Great Balls of Fire	Yogalates	Great Balls of Fire			
8:00-9:00 AM						Power Surge	
8:15-9:15 AM					Chair Aerobics		
9:00-9:45 AM						Body Core	
9:00-10:00 AM	Step Aerobics	Advance Yoga	Step Aerobics	Advance Yoga			
9:30-10:30 AM					Sculpt & Tone		
10:15-11:15 AM	Beginner Yoga	Chair Aerobics	Beginner Yoga	Chair Aerobics			
<i>Evenings</i>							
5:20-6:20 PM	Power Surge	Step Aerobics	Power Surge	Step Aerobics			
6:30-7:30 PM	Great Balls of Fire	Body Core	Great Balls of Fire	Body Core	Balance & Strength		

GENERAL RULES
For
Fitness Center and Aerobics Studio

- Please do not monopolize equipment. If performing multiple sets, please allow others to “work-in” with you.
- Please limit use of Cardio equipment to 30 minutes when there is a waiting list.
- Please re-rack your weights and return all equipment to the location in which it was found (i.e. handles, balls, bands, etc.)
- Please use equipment in a manner that is appropriate and safe.
- Please clean equipment with antibacterial spray after each use.
- Please refrain from using inappropriate or loud language while in the facility.
- Please refrain from using cell phones in the Fitness Center and Aerobics Studio. Please place ring volume at lowest possible setting or vibrate and please conduct all phone conversations in the hallway or outside the building.
- No one under the age of 16 is permitted in the Fitness Center at any time without prior Management approval.
- No food or sodas permitted in the Fitness Center or Aerobics Studio.
- Proper footwear required (no opened-toe shoes, flip flops, heels or boots...)
- No jeans or pants with grommets.
- Shorts should have a minimum inseam of 6 inches.
- Please report any malfunctioning or broken equipment to a Staff Member immediately.
- Please follow all rules as presented by Fitness Staff as these rules are implemented for the safety and enjoyment of all Members.