



Weekly Group Fitness Schedule

Day/Time:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am - 6:50am	Strength Circuit Trainer: Cam	Cardio Circuit Trainer: Cam	Strength Circuit Trainer: Anne	Cardio Circuit Trainer: Cam	Muscle Reset Workshop Trainer: Cam/Anne	
7:30am - 8:15am	Core Strength Yoga Instructor: Tom				Core Strength Yoga Instructor: Tom	
9:00am - 10:00am		Yoga Instructor: Janise		Yoga Instructor: Janise		
10:15am - 11:00am	S&S Instructor: Martha A.	Chair Yoga Instructor: Martha A.	S&S Instructor: Martha A.	S&S Instructor: Martha A.	Otter Athletic Training Coach: Cam/Anne	
11:15am - 11:45am	Aqua Fit Instructor: OC Guards	Aqua Fit Instructor: OC Guards	Aqua Fit Instructor: OC Guards	Aqua Fit Instructor: OC Guards		
12:00pm - 12:50pm	Strength Circuit Trainer: Cam	Cardio Circuit Trainer: Cam	Strength Circuit Trainer: Cam	Cardio Circuit Trainer: Cam		
5:15pm - 6:05pm		Breath Centered Yoga Instructor: Tom		Breath Centered Yoga Instructor: Tom		