

Group Fitness Schedule at American Cancer Society Winter Schedule

March 1 - April 10

Monday

6:15 - 7:00am	Core Yoga	Robert Moreno
12:00 - 12:30pm	Muscle Tone	Julia Jones
12:30 - 12:45pm	Abs Blast	Julia Jones
5:15 - 6:00pm	Pilates	Anson Brennan

Wednesday

6:30 - 7:15am	Gentle Yoga	Amy Rymers
12:00 - 12:30pm	Muscle Tone	Julia Jones
12:30 - 12:45 pm	Abs Blast	Julia Jones
4:30 - 5:15pm	PowerFlex	Cindy Moore
5:20 - 6:05pm	Step Aerobics	Cindy Moore

Friday

6:30 - 7:15am	Pilates	Jackie Grams
5:15 - 6:00pm	Step-n-Sculpt	Jackie Grams

Tuesday

6:30 - 7:15am	Intermediate Yoga	Robert Moreno
12:00 - 12:30pm	Body Sculpt	Carlin Grant
12:30 - 12:45pm	Abs Crunch	Carlin Grant
4:30 - 5:30pm	YogaLates	Cindy Moore
5:35 - 6:20pm	Zumba Sculpt	Samira Hassan
6:25 - 7:10pm	Yoga Flow	Robert Moreno

Thursday

6:30am - 7:15am	Vinyasa Yoga	Robert Moreno
12:00 - 12:30pm	Body Sculpt	Carlin Grant
12:30 - 12:45pm	Abs Crunch	Carlin Grant
5:15 - 6:00pm	Pilates	Julia Zumpano
6:05 - 6:50pm	Cardio Kick	Julia Zumpano
7:00 - 7:45pm	Power Yoga	Robert Moreno