

Group Fitness Schedule at American Cancer Society Winter Schedule

February 15 - April 10

Monday

5:45 - 6:30am	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

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
5:30 - 6:15pm	Zumba Sculpt	Samira Hassan
6:20 - 7:05pm	Yoga Flow	Robert Moreno

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
5:15 - 6:00pm	Step Aerobics	Cindy Moore

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
6:20 - 7:05pm	Power Yoga	Robert Moreno