



PLEASE REGISTER AT THE FRONT DESK FOR ALL GROUP EXERCISE CLASSES!

# FALL 2022 GROUP EXERCISE SCHEDULE

All classes marked with a \* require registration and have a small fee attached.

## MONDAY

5am: Early Bird Challenge  
6am: Challenge  
9am: Total Body Fix  
9am: Fit 4 Life

### SAURWEIN

12:15pm:  
Lunchtime Express

5:30pm: Step Strong

## TUESDAY

5am: Early Bird Challenge  
6:15am: Gentle Yoga \*\*  
8am: Deep Water Fitness  
9:15am: Gentle Lift  
10am: Cardio-Kickbox  
Circuit

### SAURWEIN

12:15pm: Power Cycle

4:30pm Circuit Blend  
5:30pm: Cardiotone  
Drumming  
6:45pm: R.I.P.P.E.D

## WEDNESDAY

5am: Early Bird Challenge  
6am: Challenge  
8am: Deep Water Fitness  
9am: Total Body Fix  
9am: Fit 4 Life

### SAURWEIN

12:15pm:  
Lunchtime Express

5:30pm: Step Strong  
6:45pm: Power Yoga \*\*

## THURSDAY

5am: Early Bird Challenge  
8am: Deep Water Fitness  
8:30am: Pietra Fitness \*\*  
9:15am: Gentle Lift  
10am: Cardio-Kickbox  
Circuit

### SAURWEIN

12:15pm: Power Cycle

4:30pm Circuit Blend  
5:30pm: Cardiotone  
6:45pm: R.I.P.P.E.D

## FRIDAY

5am: Early Bird Challenge  
6am: Challenge  
9am: Total Body Fix  
9am: Fit 4 Life  
10:15am: Power Cycle

## SATURDAY

9am: Vinyasa Yoga  
2nd Saturday  
of every month