

# GROUP X 2 SCHEDULE

Effective September 24, 2018

Fall/Winter 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>Cycling- Live</b> 5:30 a.m.		<b>Cycling- Live</b> 5:30 a.m.			
	<b>Silver Fit</b> 9:00 a.m. LIVE		<b>Silver Fit</b> 9:00 a.m. LIVE			
<b>Cycling-Live</b> 10:00 a.m		<b>Cycling -Live</b> 10:00 a.m		<b>Cycling-Live</b> 10:00 a.m		
	<i>Kiosk unavailable</i> 11am-12pm	<i>Kiosk unavailable</i> 11am-12pm	<i>Kiosk Unavailable</i> 11am-12pm		<i>Kiosk unavailabe</i> 11am-12pm	
		<i>Kiosk unavailable</i> 5-6pm				
<b>Cycling- Live</b> 6:00 p.m.	<i>Kiosk unavailable</i> 6-7pm	<b>Cycling- Live</b> 6:00 p.m.	<i>Kiosk unavailable</i> 6-7pm			
<i>Kiosk unavailable</i> 7-8pm		<i>Kiosk unavailable</i> 7-8pm		<i>Kiosk unavailable</i> 7-8pm		

\*Live **taught by an instructor**

\*Silver Fit **is for active senior adults. This class has cardio and strength intervals.**

~Any class that does not have at least 5 members will not be taught for that hour. If low numbers continue then the class(es) will be modified or removed from the schedule~