

GROUP X 2 SCHEDULE

Effective February 9th, 2019

Winter 2019

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