

GROUP X 2 SCHEDULE

Effective June 10, 2019

Winter 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					<i>Intro to Cycling</i>	
					8:30 AM	
	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		
	<i>Kiosk unavailable</i> 11am-12pm	<i>Kiosk unavailable</i> 11am-12pm	<i>Kiosk unavaibale</i> 11am-12pm		<i>Kiosk unavailabe</i> 11am-12pm	
		<i>Kiosk unavailable</i> 5-6pm				
Cycling- Live 6:00 p.m.	<i>Kiosk unavailable</i> 6-7pm	Cycling- Live 6:00 p.m.	Cycling -Live 6:00 PM			
<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~