

GROUP X 2 SCHEDULE

Effective March 2020

Spring 2020

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