

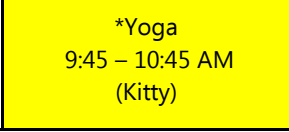
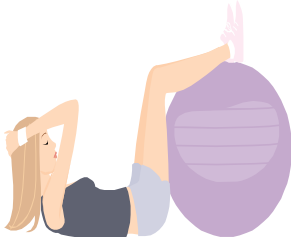
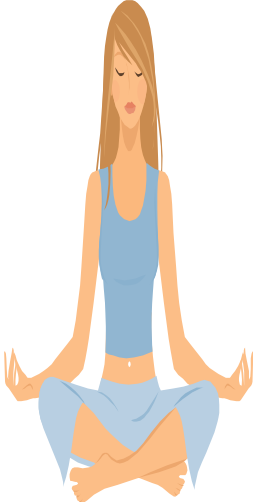




Barium Springs Group Exercise Classes

July—August

Monday	Tuesday	Wednesday	Thursday	Friday
Early Bird Cycle 5:45 – 6:30 AM (Angela)	Total Body Strengthening 5:45—6:30 AM (Ronda)	Early Bird Cycle 5:45 – 6:30 AM (Ronda)	Total Body Strengthening 5:45—6:30 AM (Ronda)	Early Bird Cycle 5:45—6:30 AM (Angela)
Active Older Adults Cardio Stretch 7:30—8:30 AM (Sharon)	Silver Sneakers MSROM 7:30—8:30 AM (Sharon)	Active Older Adults Aerobics 7:30—8:30 AM (Sharon)	Silver Sneakers MSROM / Yoga Stretch 7:30—8:30AM (Sharon)	Silver Sneakers Cardio Circuit 7:30—8:30 AM
Total Body Strengthening 8:30—9:30 AM (Sharon)	Wake Up Cycle 7:30—8:15 AM (Angela)	Active Older Adults Cardio/Pilates Class 8:30—9:30 AM (Sharon)	Zumba 8:30—9:15 AM (Gina)	Active Older Adults TGIF/Cycle 8:30—9:30 AM (Sharon)
	Bands, Balls, Butts & Guts 8:30—9:30 AM (Jaime)			Total Body Strengthening 8:30—9:30 AM (Jaime / Becky)
	*Yoga 9:45 – 10:45 (Kitty)			
Total Body Strengthening 4:30—5:15 PM (Stephanie)	Zumba 4:30—5:15 PM (Mariana)			
Cycle 5:30 – 6:30 PM (Stephanie)	Boot Camp 5:45—6:30 PM (Staff)	Cycle & Sculpt 5:15 – 6:15 PM (Stephanie)	Cardio Ball Class 5:15—6:15 PM (Stephanie)	
Zumba 6:30—7:30 PM (Gina)		Awesome Abs 6:15—6:30 PM (Stephanie)	Zumba 6:30—7:15 PM (Mariana)	

*CLASSES WITH AN * ASTERISK WILL BE HELD IN THE BARIUM SPRINGS MUSEUM.