

Group X & SPIN

SCHEDULE CHANGES

Effective 1/22/18

****Wednesday Changing 9:30am Body Blast to Cardio Kickbox with Melanie***

****Wednesday 6:30pm Body Pump will change to Pilates from studio #2 to studio#1 with Maureen***

****Saturday 10:00am Body Pump will change to Cardio Kickbox with Theresa***

****Saturday Dropping 11:00am Zumba due to low attendance***

****Saturday Adding 10am spin class to replace the 4pm spin class that we removed***

****Sunday 10am Body Attack will change to Pilates in studio #1 due to low attendance.***

****Sunday 11:45am Kangoo will change to 11:00am with Amy M***

