



**Group Exercise**  
**Southwest**  
**Updated 1/2019**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>AM Morning</b>	<b>Cardio Interval</b> 8:00-8:45am Robin: MP Rm	<b>Cardio Kick</b> 6:00-6:45am Annie: MP Rm	<b>Cardio Interval</b> 8:00-8:45am Robin: MP Rm			
	<b>POP Pilates</b> 9:15-10:00am Destiny: Teen Rm	<b>Yoga</b> 8:30-9:30am Susan: MP Rm	<b>POP Pilates</b> 9:15-10:00am Destiny: Teen Rm	<b>Yoga</b> 8:30-9:30am Susan: MP Rm	<b>Pilates Fusion</b> 9:15-10:00am Lu: MP Rm	
	<b>Zumba</b> 10:15-11:00am Ziming L: MP Rm		<b>Zumba</b> 10:15-11:00am Michelle K: MP Rm		<b>Zumba</b> 10:15-11:00am Michelle K: MP Rm	<b>Zumba</b> 10:15-11:15am Instructors Rotate: MP Rm
	<b>Core/Y-Spin</b> 11:10-12:00pm Chris: MP Rm	<b>Tai Chi for Health</b> 11:00-12:00pm Linda: MP Rm	<b>Core/Y-Spin</b> 11:10-12:00pm Chris: MP Rm	<b>Tai Chi for Health</b> 11:00-12:00pm Linda: MP Rm	<b>Y-Spin</b> 12:00-12:40pm Chris: MP Rm	
<b>NOON</b>	<b>Tai Chi for Health</b> 12:10-1:10pm Linda: MP Rm		<b>Tai Chi for Health</b> 12:10-1:10pm Linda: MP Rm			
<b>PM Evening</b>	<b>Rock Steady Boxing</b> 1:30-2:30pm Christine/ Cathy: MP Rm \$25		<b>Rock Steady Boxing</b> 1:30-2:30pm Christine/Cathy: MP Rm \$25		<b>Rock Steady Boxing</b> 1:30-2:30pm Christine/Cathy: MP Rm \$25	
	<b>Zumba</b> 5:30-6:30pm Candy: MP Rm	<b>Pound</b> 5:30-6:30pm Evelyn: MP Rm	<b>Zumba</b> 5:30-6:30pm Candy: MP Rm	<b>Drumming Fitness</b> 5:30-6:15pm With Melissa:		
	<b>Yoga</b> 6:45-7:45pm Misha: MP Rm	<b>Yoga</b> 6:45-7:45 pm <b>Zumba</b> 8:00-9:00 pm	<b>Yoga</b> 6:45-7:45pm Misha: MP Rm			

<b>Sunday</b>