



**Group Exercise
Southwest
Updated 3/2021**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM Morning						
	Fun N' Fit 9:00-9:45am Julie: MP Room	Yoga 8:30-9:30am McKenzie G: MP Room	Fun N' Fit 9:00-9:45am Julie: MP Room	Yoga 8:30-9:30am McKenzie G: MP Room	Fun N' Fit 9:00-9:45am Julie: MP Room	
	Dance-Move 10:15-11:00am Denise L: MP Rm	Drumming 10:00-10:30 am Peggy: MP Rm	Zumba 10:15-11:00am Michelle K: MP Rm	Drumming 10:00-10:30 am Peggy: MP Rm	Zumba 10:15-11:00am Michelle K: MP Rm	Zumba 10:15-11:15am Instructors Rotate
	Core/Y-Spin 11:10-12:00pm Chris: MP Rm		Core/Y-Spin 11:10-12:00pm Chris: MP Rm		Y-Spin 12:00-12:40pm Chris: MP Rm	
NOON		Core/Y-Spin 12:10-1:00pm Doug: MP Rm		Core/Y-Spin 12:10-1:00pm Doug: MP Rm		
PM Evening						
	Zumba 5:30-6:30pm Michelle M :MP Rm	Drumming 5:30-6:30 pm Peggy: MP Rm	Zumba 6:00-7:00pm Navise: MP Rm	Zumba 6:00-7:00pm Navise: MP Rm		

Sunday