



**Group Exercise
Southwest
Updated 9/2021**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
AM Morning	Yoga 7:45-8:45am Raj: MP Room			Yoga 7:45-8:45am Raj: MP Room			
	Fun N' Fit 9:00-9:45am Julie: MP Room		Fun N' Fit 9:00-9:45am Julie: MP Room		Fun N' Fit 9:00-9:45am Julie: MP Room	Yoga 8:30-9:30 am Raj: MP Room	
	Dance-Move 10:15-11:00am Denise L: MP Rm	Drumming 10:00-10:45 am Peggy: MP Rm	Zumba 10:15-11:00am Michelle K: MP Rm	Drumming 10:00-10:45 am Peggy: MP Rm	Zumba 10:15-11:00am Michelle K: MP Rm		
	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							
PM Evening							
			Yoga 6:00-7:00 pm Raj: MP Room				

Sunday