



Group Exercise Class Schedule

Effective October 18, 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		6am Cycle/Core Stephanie		6am Cycle/HIIT Stephanie		
8:30am Barre Kathy	9:30am Small Group Training(\$) Performance Room Jeanine	9am Functional Strength/Stretch Kathy <i>Every other week</i>		9am Tabata Jeanine	9am Step N' Sculpt Steve	8am Cycle/Core Stephanie
	10am Zumba GOLD YC		10am Lo Impact/Strength Kris		11am Cardio Boxing (\$) Performance Room Doug	
6pm Tabata Jeanine	6pm Barbell Power Heather	5:30pm Bootcamp Heather	6pm Barre Strength Heather			

- Pre-Registration is required for all classes and can be done on the Wayside APP, 7 days in advance.
- Classes must have a minimum of 5 participants.
- **All classes are subject to change. Please check the APP for any updates on classes and substitutes.**