


Sunday (AM)	Monday (AM)	Tuesday (AM)	Wednesday (AM)	Thursday (AM)	Friday (AM)	Saturday (AM)
Power Fit (G) 8:00 AM	Tabata (F1) 8:15AM *30min class	Group Biking (F2) 6:30 AM	Strength (F1) 8:15am *30min class  Cardio Splash (P) 8:30 AM	HIIT (G) 5:15 AM  Flow Yoga (F1) 6:30 AM	Vinyasa Yoga (F1) 6:30 AM	Full Body Conditioning (F1) 8:00 AM
Gears & Guns (F2) 8:30 AM	Interactive Yoga (F1) 6:30 AM	Deep Water (P) 7:00 AM	High Fitness (G) 9:00 AM	Group Biking (F2) 6:30 AM	Fitness Friday (F1) 8:00 AM	Group Biking (F2) 8:30 AM
Zumba (F1) 9:00 AM	Aqua Fit Fun (P) 8:30 AM	Pi-Yo Chi (P) 8:30 AM	Vinyasa Yoga (F1) 9:00 AM	Deep Water (P) 7:00 AM	Aqua Fit Fun (P) 8:30 AM	20/20/20 (F1) 9:00 AM
Cardio Splash (P) 9:00 AM	High Fitness (G) 9:00 AM	Total Body (G) 9:00 AM	Water Power Fitness (P) 9:30 AM	Zumba (F1) 8:00AM	Butts & Guts (F1) 9:00 AM	Zumba - 55 mins (F1) 10:05 AM
Fab Abs (F3) 9:15 AM	Barre (F1) 9:00 AM	Kick & Tone (F1) 9:15 AM	Group Biking (F2) 10:15 AM	Pi-Yo-Chi (P) 8:30 AM	Group Biking (F2) 9:15 AM	Iyengar-inspired Yoga (F1) 11:05 AM
Vinyasa Yoga (F1) 10:15 AM	Group Biking (F2) 9:15 AM	Age Right (G) 10:15 AM	Age Right (G) 10:15 AM	Nia (F1) 9:00 AM	Cardio Splash (P) 9:30 AM	
	Cardio Splash (P) 9:30 AM	Deep Water (P) 9:30 AM	Pilates (F1) 10:15 AM	Body Blast (G) 9:00 AM	Barre (F1) 10:15 AM	
	Fab Abs (G) 10:15 AM	Hatha Yoga (F1) 10:15 AM	Aqua Stretch (P) 10:45 AM	Deep Water (P) 9:30 AM	Aqua Stretch (P) 10:45 AM	
	Aqua Stretch (P) 10:45 AM	Healthy Joints (P) 10:45 AM	Gentle Chair Yoga (F1) 11:30 AM Gentle Chair Yoga (F1) 12:45 PM	Gentle Yoga (F1) 10:30 AM Age Right (G) 10:15 AM	Gentle Chair Yoga (F1) 11:30 AM Zumba Gold (G) 11:45 AM	
	Gentle Chair Yoga (F1) 11:30 AM			Healthy Joints (P) 10:45 AM Low Impact Aerobics (F1) 11:15 AM	Gentle Chair Yoga (F1) 12:45pm	
Sunday (PM)	Monday (PM)	Tuesday (PM)	Wednesday (PM)	Thursday (PM)	Friday (PM)	Saturday (PM)
	20/20/20 (F1) 5:30 PM	Hot Vinyasa Yoga (F3) 4:45 PM	Step & Tone (F1) 5:15 PM	Flow Yoga (F1) 5:15 PM	Full Body Conditioning (F1) 4:30 PM	
	Group Biking (F2) 5:30 PM	Zumba (F1) 5:00 PM	Group Biking (F2) 5:45 PM	Total Body Burnout (G) 5:15 PM		

	Hydro HIIT (P) 6:00 PM	Total Body (G) 5:40 PM	Power Fit (G) 6:00 PM	Hydro HIIT (P) 6:00 PM		
	Power Yoga (F1) 6:45 PM	Foundations Biking (F2) 5:30 PM	Balanced Yoga (F1) 6:10 PM	High Fitness (F1) 6:35 PM		
		Aqua: Fit Fun (P) 6:00 PM	Zumba (G) 7:05 PM			
		Hot Vinyasa Yoga (F1) 6:30 PM				
 Rudy A. Ciccotti Family Recreation Center	Online Group Class Schedule: <a href="http://www.ciccotticenter.org">www.ciccotticenter.org</a> > Group Exercise Tab  Sabrina Albritton Group Exercise Coordinator <a href="mailto:spontore@ciccotticenter.org">spontore@ciccotticenter.org</a>	<u>Ciccotti Center Hours</u> Mon – Fri: 5:00 AM – 10:00 PM Sat & Sun: 7:00 AM – 7:00 PM	<u>Aquatic Center Hours</u> Mon – Fri: 5:15 AM – 8:00 PM Sat & Sun: 7:15 AM – 6:00 PM (Adults Only: Mon – Fri: 8:00 PM – 9:00 PM)	Class Location Codes: F1 = Group Exercise Studio – 1 <sup>st</sup> Floor F2 = Spin Studio – 1 <sup>st</sup> Floor F3 = Secondary Exercise Studio – 2 <sup>nd</sup> Floor G = Gymnasium Schedule subject to change. Please check online calendar or call 518-867-8920  Last Updated: 1/16/2019		