

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				HIT+ 5:15 AM Diane		
PowerFit + 8:00AM Amanda	Interactive Yoga # 6:30 AM Trish	Group Biking + 6:30 AM Vegan	Group Biking + 8-8:45am Kelly	Biking + 6:30 AM Vegan	Vinaya Yoga # 6:30 AM Lisa	Flow Yoga # 7:45AM Amrit
Gears & Guns + 8:30 AM Susan	Cardio Splash + 8:30 AM Marcia	Deep Water + 7:00 AM Susan	Cardio Splash + 8:30 AM Marcia	Deep Water + 7:00 AM Susan	Fitness Friday + 9:00 AM Scott	20/20/20 + # 9:00 AM Rebecca
Zumba + 9:00 AM Instructor	Summer Shoulders +* 9:15 AM Sabrina	River Run +* 8:00 AM Susan	Zumba +* 9:00AM Chessa	River Run +* 8:00 AM Susan	Walk & Talk Program + 9:00AM Guided by Fran	Zumba +* 10:05 AM Becky
Cardio Splash + 9:00 AM Marcia	Barre +* 9:00 AM Sabrina	Pivo Chi + 8:30 AM Karen	Vinaya Yoga # 9:05 AM Kelly	Zumba +* 8:00 AM Naree	Cardio Splash + 8:30 AM Marcia	Ivengar-Inspired Yoga + # 11:05 AM Noreen
Fab Abs +* 9:15 AM Rebecca	Group Biking + 9:15 AM Kelly	Total Body + 9:00 AM Sabrina	Cardio Splash +* 9:30 AM Marcia	Pi-Yo-Chi + 8:30 AM Karen	Butts & Guts +* 9:00 AM Marcia	
Vinaya Yoga # 10:15 AM Kathleen	Cardio Splash + 9:30 AM Marcia	Cardio Kick +* 9:15 AM Connie	Age Right + 10:15 AM Gail	Body Blast + 9:00 AM Melissa	Group Biking + 9:15 AM Kelly	
	Fab Abs +* 10:15 AM Melissa	Deep Water +* 9:30 AM Susan	Pilates # 10:15 AM Connie	Barre + 9:05AM Sabrina	Cardio Splash + 9:30 AM Marcia	
	Balancing Arthritis +* 10:45 AM Susan	Age Right + 10:15 AM Connie and Beheera	Aqua Zumba +* 10:30 AM Gail	Deep Water + 9:30 AM Susan	Barre +* 10:15 AM Connie	
	Gentle Chair Yoga #* 11:30 AM Trish	Hatha Yoga #* 10:15 AM Gail W	Gentle Chair Yoga #* 11:30 AM Noreen	Gentle Yoga #* 10:15 AM Trish	Balancing Arthritis +* 10:45 AM Susan	
	Zumba Gold +* 11:30AM Conetta	Healthy Joints +* 10:45 AM Mary	Gentle Chair Yoga #* 12:45 PM Noreen	Age Right +* 10:15 AM Connie	Gentle Chair Yoga #* 11:30 AM Noreen	
	Body Blast 4:45PM Brandy	Foundations Biking +* 12:00PM Diane	Step & Tone +* 9:15 PM Susan	Healthy Joints +* 10:45 AM Mary	Zumba Gold +* 11:45 AM Conetta	
	20/20/20 +* 5:30 PM Rebecca	Hot Vinaya Yoga # 4:45 PM Kathleen	Group Biking +* 5:30 PM Karen	Low Impact Aerobics +* 11:15 AM Chress	Gentle Chair Yoga #* 12:45 AM Igo	
	Group Biking + 5:30 PM Kathleen	Zumba +* 5:00 PM Conetta	Balanced Yoga # 6:10 PM Alka	Flow Yoga # 5:15 PM Alka	Full Body Conditioning+ 4:30 PM Amanda	
	Hydro HIT 6:00 PM Eileen	Total Body +* 5:40PM Karen	Zumba +* 7:05 PM Becky	Total Body Burnout + 5:15 PM Kate		
	Power Yoga # 6:45 PM Alka	Foundations Biking +* 5:30 PM Susan		Hydro HIT + 6:00 PM Eileen		
		Deep Water +* 6:00 PM Eileen		HIT+ 6:35 PM Dave		
		Hot Vinaya Yoga # 6:30 PM Amrit				

*Active Adults/Beginners
+Intermediate/Advanced
#Mind/Body

Group Exercise Studio -- 1st Floor
Spin Studio -- 1st Floor Bike Room
Secondary Exercise Studio -- 2nd Floor
Gymnasium

*July 1st Childcare hours start at 8am!!

Sabrina Albritton
Group Exercise Coordinator
e. spontore@ciccotticenter.org



Ciccotti Center Hours

Mon - Fri: 5:00 AM - 10:00 PM
Sat & Sun: 7:00 AM - 7:00 PM

Aquatic Center Hours

Mon - Fri: 5:15 AM - 8:00 PM
Sat & Sun: 7:15 AM - 6:00 PM