# Group Exercise Schedule
# Summer 2014

**Effective June 25, 2014**

| | MON | TUE | WED | THU | FRI | SAT |
|---|---|---|---|---|---|---|
| **8:30 AM** | | **Abs and Back**<br>Brittany | | **Abs and Back**<br>Brittany | | **Spin**<br>Lynette |
| **9:15 AM** | **Pure Pump**<br>Donna | **Kettlebell**<br>Brittany | **H.I.I.T**<br>Donna | **Cardio Box**<br>Brittany | **Spin**<br>Hannah | |
| **10:30 AM** | **Cardio Fit**<br>Donna | **Buns & Guns**<br>Brittany | **Circuit Training**<br>Donna | **Body Blast + Tone**<br>Brittany | **Yoga**<br>Hannah | **Power Yoga**<br>Fortunata |
| **12:00 Noon** | | **Strength & Stretch**<br>Brittany | | **Strength & Stretch**<br>Brittany | | |
| **4:15 PM** | **Spin with a Twist**<br>Therese | **Body Blast + Tone**<br>Brittany | **Buns & Guns**<br>Brittany | **Kettlebell**<br>Brittany | | |
| **5:15 PM** | | **Calorie Crusher**<br>Brittany | **Vinyasa Yoga**<br>Hannah | **Ball Blast**<br>Brittany | | |
| **6:30 PM** | **Zumba**<br>Julie | **Spin**<br>Lynette | **H.I.I.T**<br>Julie | | | |
| **7:45 PM** | | **Yoga 60/30**<br>Fortunata | | **Detox Flow Yoga**<br>Fortunata | | |