

GROUP EXERCISE SCHEDULE

March 9 - May 31

	GROUP X STUDIO	Cycle Studio/COURT	Pool	Yoga Studio
MON	5:15A CXWORX: Jessica 5:45A HIIT30: Jessica 8:30A LesMillsTONE: Angela 9:30A BodyPump: Kylie/Haleigh 10:45A SilverSneakers-BOOM®: Deb NOON LesMillsGRIT 2:00P Senior Fitness: Travis 4:30 Step: Angela 5:00P Yoga4Athletes30: Cheri 5:30P BodyPump: Laura/Sherry 6:30P ZUMBA!: Jess/Janet/Apolynne	6:00A PowerRide: Amy/Lora 9:30A Les Mills SPRINT: Kristina 5:30P Burn&Firm45: Kristi	9:00A WaterFitness45: Susan 10:15ASilverSneakers® Splash: Amy 5:30P Aqua Athletes45: Desi	8:30A Yoga Basics: Julia (All levels) 9:45A Mat Pilates45: Ashley 10:45A Barre Fusion45: Ashley 5:45P Iyengar Yoga: Jerri (Level 1)
TUE	5:30A BodyPump: Michelle/Haleigh 9:30A Step: Angela 10:15A CXWORX: Angela 10:45A SilverSneakers-BOOM®: Dave NOON BodyPump: Kristina/Dave 2:00P SilverSneakersCLASSIC®: Mina 5:30P BodyCombat: Laura/Sherry	9:30A HIIT Blast45: Kylie 5:30P LesMillsSPRINT: Johnna	9:00A WaterFitness45: Desi 10:15ASilverSneakers® Splash: Julia 5:30P Aqua Athletes45: Kevin	8:30A Iyengar Yoga: Jerri *90min(Level 2) 5:30P BARRE45: Jessica/Janet
WED	5:15A Combat: Michelle/Debbie 8:30A willPower&Grace: Angela 9:30A BodyPump: Laura/Angela 10:45A SilverSneakersBOOM®: Kylie NOON-LesMillsGRIT 12:30P Yoga4Athletes30: Cheri 2:00P Senior Fitness: Travis 4:30P LesMillsTONE: Haleigh 5:30P BodyPump30: Kevin 6:00P CXWORX: Kevin	6:00A PowerRide: Marie 9:30A PowerRide45: Jerri 10:15A Resist-A-Ball30 (court): Jerri 5:30P HIIT Blast30: Desi	9:00A Water Fitness45: Julia	9:30A Barre Fusion: Ashley 10:45A Chair Yoga: Debbie (All levels) 5:45P Iyengar Yoga: Jerri *70 min.(Level 2)
THU	5:30A BodyPUMP: Marie/Michelle 9:30ALesMillsTONE: Angela/Haleigh 10:45ASilverSneakersBOOM®: Haleigh NOON BodyPump: Dave/Kristina 2:00P SilverSneakersCLASSIC®: Amy 5:30PBodyCombat: Kevin/Haleigh	9:30A Burn&Firm45: Debbie 5:30P HIIT Blast30: Kristi/Kylie	9:00A WaterFitness45: Amy 10:15ASilverSneakers® Splash: Julia 5:30P Aqua Athletes45:Desi	8:30A Iyengar Yoga: Jerri *90min. (Level 2) 5:45P Restorative Yoga: Jerri (All levels)
FRI	5:15A HIIT30: Jess 8:30A BodyFlow: Angela 9:30A BodyPump: Angela/Kylie 10:45A-SilverSneakers-BOOM®: Haleigh/Amy NOON LesMillsGRIT 5:30 BodyPump: Sherry/Dave	NOON PowerRide45/Stretch 15: Jerri	9:00A Aqua Athletes45: Desi	9:30A Yoga Basics: Julia (All levels)
SAT	9:00A LesMillsTONE-Haleigh/Janet 10:00ABodyPump-Marie	9:00A Burn&Firm45-Kristi	9:00A WaterFitness45- Debbie	9:00A Iyengar Yoga- Jerri *90 min. (Level 2)
SUN	3:00P BodyCombat: Michelle/Debbie 4:00PBodyPump: Elisa/Sherry 5:00PBodyFlow: Lora/Angela	3:00P LesMills SPRINT: Elisa 4:00P X- Indoor/Outdoor: Rotating Instructors (Court)		

Club Hours:

Mon. – Thurs. 5:00-10:30P
 Fri: 5:00A – 8:00P
 Sat: 8:00A – 7:00P
 Sun: 12:00P – 7:00P
325-947-2582



Nursery Hours:

Mon. – Thurs. 8:00A-8:00P
 Fri: 8:00A – 8:00P
 Sat: 8:00A – 1:00P
 Sun: 3:00P – 6:15P
***Under-performing classes subject to cancellation, classes must meet attendance goals to remain on schedule.**

In case of bad weather, classes will follow SAISD cancellations and delays. Call if questions.

SACMC is owned in part by physicians.