

# AUM WELLNESS CENTER GROUP FIT SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:15 AM **Cardio/Strength101	5:30 AM Warhawk Weights	5:30 AM Sunrise Cycle	5:30 AM Warhawk Weights	5:30 AM Cycle
9:00 AM ^Aqua Fitness	7:00 AM Slow Flow Yoga	9:00 AM ^Aqua Fitness	7:00 AM Slow Flow Yoga	11:30 AM Jungle Body-Konga
11:30 AM Step Fit	9:00 AM ^Aqua Fitness	12:30 PM Firm & Burn	9:00 AM ^Aqua Fitness	12:35 PM Active Yoga
12:35 PM Midday Yoga	10:30 AM Active Stretch	4:00 PM ** Arms & Abs	10:25 AM Active Stretch	
4:30PM **Butts & Guts	11:35 AM Body Barre	4:50 PM ** Step Fit	11:30 AM Body Barre	
4:30 PM Chinese Dance	1:00 PM Zumba Toning	5:40 PM Dynamic Yoga	3:00 PM Zumba Toning	
5:30 PM DynamicYoga	3:00 PM Zumba	5:30 Cycle Plus	4:05 PM Tai Chi Fan	SATURDAY
5:30 PM **^Aqua Zumba	4:15 PM **MIXXED FIT	6:45 PM Zumba	5:15 PM ** Ab Blast	8:30 AM **Kettlebell AMPD
5:45 PM **Cycle	5:15 PM **Kettlebell AMPD		5:30 PM Cycle	9:25 AM Zumba
6:35PM Zumba	5:30 PM Cycle		5:30 PM ^Deep Water	10:30 AM Pilates
6:35PM GRIND	5:30 PM ^Aqua Fitness		6:05 PM Warhawk Weights	
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\*\* INDICATES 45 MIN CLASS    AUBURN MONTGOMERY

^ INDICATES CLASSES TAUGHT IN POOL

WELLNESS CENTER