

# AUM WELLNESS CENTER GROUP FIT SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 AM ^Aqua Fitness	5:30 AM Warhawk Weights	5:30 AM Sunrise Cycle	5:30 AM Warhawk Weights	5:30 AM Spin
11:30 AM Step Fit	7:00 AM Slow Flow Yoga	9:00 AM ^Aqua Fitness	7:00 AM Slow Flow Yoga	11:30 AM Jungle Body-Konga
12:35 PM Yoga	9:00 AM ^Aqua Fitness	12:30 PM Jungle Body BURN	9:00 AM ^Aqua Fitness	12:35 PM Yoga
4:30PM **Butts & Guts	10:30 AM Active Stretch	4:00 PM **Arms & Abs	10:25 AM Active Stretch	
5:30 PM Yoga	11:35 AM Body Barre	4:50 PM ** Step Fit	11:30 AM Body Barre	
5:30 PM ^**Aqua Zumba	1:00 PM Zumba Toning	5:40 PM Yoga	12:35 PM Chinese Dance	
5:45 PM **Spin	3:00 PM Zumba	5:30 Spin Plus	3:00 PM Zumba Toning	SATURDAY
6:35PM Zumba	4:15 PM **MIXXED FIT	6:45 PM Zumba	4:05 PM Pound	8:30 AM **Kettlebell AMPD
6:35PM GRIND	5:15 PM **Kettlebell AMPD		5:15 PM ** Ab Blast	9:25 AM Zumba
	5:30 PM Cycling		5:30 PM Cycling	10:30 AM Pilates
	5:30 PM ^Aqua Fitness		5:30 PM ^Deep Water	
	6:05PM Warhawk Weights		6:05 PM Warhawk Weights	

\*\* INDICATES 45 MIN CLASS

^ INDICATES CLASSES TAUGHT IN POOL

AUBURN MONTGOMERY  
WELLNESS CENTER