

## AUM WELLNESS CENTER GROUP FIT SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:15 AM Cardio/Strength101 Julia	5:30 AM **Warhawk Weights Emily/Sub-Teresa	5:30 AM **Sunrise Cycle Randell	5:30 AM **Warhawk Weights Emily/Sub-Keon	5:30 AM **Cycle Emily/Sub-Teresa
9:00 AM ^Aqua Fitness Angel	6:45 AM Slow Flow Yoga Juliet	9:00 AM ^Aqua Fitness Coach Dee	6:45 AM Slow Flow Yoga Juliet	11:30 AM Jungle Body-Konga Angel
11:30 AM Step Fit Brenda	9:00 AM ^Aqua Fitness Coach Dee	12:30 PM Firm & Burn Angel	9:00 AM ^Aqua Fitness Angel	12:35 PM Active Yoga Angel
12:35 PM Midday Yoga Debbie/Sub-Angel	10:30 AM Active Stretch Stephanie	4:00 PM **Arms & Abs Brenda	10:25 AM Active Stretch Stephanie	
4:30PM **Butts & Guts Angel	11:35 AM Body Barre Angel	4:50 PM ** Step Fit Brenda	11:30 AM Body Barre Angel	
4:30 PM Chinese Dance Janice	1:00 PM Zumba Toning Monette	5:40 PM Dynamic Yoga Shannon	3:00 PM Zumba Toning Monette	
5:30 PM DynamicYoga Velvet	3:00 PM Zumba Monette	5:30 Cycle Plus Sonya	4:05 PM Tai Chi Fan Janice	<b>SATURDAY</b>
5:30 PM ^Aqua Zumba Leigh Anne	4:15 PM **MIXXED FIT Coach Q	6:45 PM Zumba Velvet	5:15 PM ** Ab Blast Julia	8:30 AM **Kettlebell AMPD Angel
5:45 PM **Cycle Wanda	5:15 PM **Kettlebell AMPD Angel		5:30 PM Cycle Keon	9:25 AM Zumba Monette
6:35PM Zumba Keinee	5:30 PM **Cycle Randell		5:30 PM ^Deep Water Susan	10:30 AM Pilates Sonya
6:35PM GRIND Angel	5:30 PM ^Aqua Fitness Susan		6:05 PM Warhawk Weights Velvet or Wanda	
	6:05PM Warhawk Weights Julia			

\*\* INDICATES 45 MIN CLASS

^ INDICATES CLASSES TAUGHT IN POOL