

Limited Group Exercise Schedule for Week of 7/24-7/30/17

Notes – Camps stops using the Ice Arena August 4th (per schedule)

Arena Classes – People will check in at the Check Point

CIL Classes – People will check in at the CIL

Day/Date	Time	Classification (Registered or Drop in Class)	Class Name	Check In Location (Drop in ONLY)	Class Location
Monday 7/24	8:00a	Drop In	Bootcamp	Checkpoint	Outside
Monday 7/24	8:30a	Drop In	Indoor Cycling	Checkpoint	Ice Arena (Area adjacent to the Bleachers)
Monday 7/24	9:30a	Drop In	Cycle/Core Combo	Checkpoint	Ice Arena (Area adjacent to the Bleachers)
Monday 7/24	11:00a	Drop In	Pilates	Checkpoint	Ice Arena (Area adjacent to the Bleachers)
Monday 7/24	4:30p	Drop In	Step	CIL Frontdesk	CIL AB
Monday 7/24	5:00p	Drop In	Indoor Cycling	Checkpoint	Ice Arena (Area adjacent to the Bleachers)
Monday 7/24	5:30p	Drop In	Strength	Checkpoint	Outside
Monday 7/24	7:00p	Drop In	Yoga	Checkpoint	Ice Arena (Area adjacent to the Bleachers)
Monday 7/24	7:00p	Drop In	Zumba	Checkpoint	Ice Arena
Tuesday 7/25	5:45a	Drop In	Indoor Cycling	Checkpoint	Ice Arena (Area adjacent to the Bleachers)
Tuesday 7/25	8:00a	Drop In	Bootcamp	Checkpoint	Outside
Tuesday 7/25	8:00a	Drop In	Yogalates	Checkpoint	Outside
Tuesday 7/25	8:30a	Drop In	Indoor Cycle	Checkpoint	Ice Arena (Area adjacent to the Bleachers)
Tuesday 7/25	9:00a	Drop In	Yoga	Checkpoint	Outside
Tuesday 7/25	9:30a	Drop In	Indoor Cycle	Checkpoint	Ice Arena (Area adjacent to the Bleachers)
Tuesday 7/25	10:00a	Drop In	Pilates	Checkpoint	Outside
Tuesday 7/25	11:30a	Drop In	Parkinson's Circuit Class	Checkpoint	Fitness Center
Tuesday 7/25	4:30p	Drop In	Land Aerobics	CIL Frontdesk	CIL AB
Tuesday 7/25	5:00p	Drop In	Boot Camp	Checkpoint	Outside
Tuesday 7/25	6:00p	Drop In	Indoor Cycling	Checkpoint	Ice Arena (Area adjacent to the Bleachers)
Wednesday 7/26	8:30a	Drop In	Indoor Cycling	Checkpoint	Ice Arena (Area adjacent to the Bleachers)
Wednesday 7/26	9:30a	Drop In	Indoor Cycling	Checkpoint	Ice Arena (Area adjacent to the Bleachers)
Wednesday 7/26	11:00a	Drop In	Pilates	Checkpoint	Ice Arena (Area adjacent to the Bleachers)
Wednesday 7/26	5:00p	Drop In	Boot Camp	Checkpoint	Outside
Wednesday 7/26	5:30p	Drop In	Strength	Checkpoint	Outside

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Wednesday 7/26	6:00p	Drop In	Indoor Cycle	Checkpoint	Ice Arena (Area adjacent to the Bleachers)
Wednesday 7/26	6:30p	Drop In	Pilates	Checkpoint	Outside
Wednesday 7/26	7:30p	Drop In	Zumba	Checkpoint	Ice Arena
Thursday 7/27					
Thursday 7/27	5:45a	Drop In	Indoor Cycling	Checkpoint	Ice Arena (Area adjacent to the Bleachers)
Thursday 7/27	8:00a	Drop In	Bootcamp	Checkpoint	Outside
Thursday 7/27	8:00a	Drop In	Yogalates	Checkpoint	Outside
Thursday 7/27	8:30a	Drop In	Indoor Cycling	Checkpoint	Ice Arena (Area adjacent to the Bleachers)
Thursday 7/27	9:00a	Drop In	Yoga	Checkpoint	Outside
Thursday 7/27	9:30a	Drop In	Cycle/Core Combo	Checkpoint	Ice Arena (Area adjacent to the Bleachers)
Thursday 7/27	10:00a	Drop In	Pilates	Checkpoint	Outside
Thursday 7/27	11:30a	Drop In	Parkinson's Circuit Class	Checkpoint	Fitness Center
Thursday 7/27	5:00p	Drop In	Bootcamp	Checkpoint	Outside
Thursday 7/27	6:00p	Drop In	Indoor Cycling	Checkpoint	Ice Arena (Area adjacent to the Bleachers)
Thursday 7/27	6:00p	Drop In	Yogalates	Checkpoint	Ice Arena
Thursday 7/27	7:00p	Drop In	Strong	Checkpoint	Ice Arena
Friday 7/28					
Friday 7/28	8:00a	Drop In	Bootcamp	Checkpoint	Outside
Friday 7/28	8:30a	Drop In	Indoor Cycling	Checkpoint	Ice Arena (Area adjacent to the Bleachers)
Friday 7/28	9:00a	Drop In	Strength	Checkpoint	Outside
Friday 7/28	9:30a	Drop In	Cycle/Core Combo	Checkpoint	Ice Arena (Area adjacent to the Bleachers)
Friday 7/28	10:00	Drop In	Zumba	CIL Frontdesk	CIL AB
Friday 7/28	11:00a	Drop In	Pilates	CIL Frontdesk	CIL AB
Saturday 7/29					
Saturday 7/29	7:45a	Drop In	Bootcamp	Checkpoint	Outside
Saturday 7/29	8:00a	Drop In	Cardio	Checkpoint	Ice Arena
Saturday 7/29	9:00a	Drop In	Indoor Cycling	Checkpoint	Ice Arena (Area adjacent to the Bleachers)
Saturday 7/29	9:00a	Drop In	Weights/Core	CIL Frontdesk	CIL AB
Saturday 7/29	10:00a	Drop In	Zumba	CIL Frontdesk	CIL AB
Saturday 7/29	11:00a	Drop In	Zumba	Checkpoint	Ice Arena
Sunday 7/30					
Sunday 7/30	12:45p	Drop In	Indoor Cycle	Checkpoint	Ice Arena (Area adjacent to the Bleachers)