



Doling Family Center 2018-19 Group Exercise Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No Classes		5:30 – 6:30 Boot Camp - \$ Heather		5:30 – 6:30 Boot Camp - \$ Heather		
	6:00 – 7:00 New Butts & Guts Chelsea		6:00 – 7:00 New Butts & Guts Chelsea			
		8:00 – 8:30 New Boom Muscle Liz		8:00 – 8:30 New Boom Muscle Chelsea		
		8:45 – 9:15 New Boom Mind Liz		8:45 – 9:15 New Boom Mind Chelsea		
		9:00 – 10:00 Total Yoga \$ Mona				
	9:30 – 10:30 Step Gina	9:30 – 10:30 New Core Recovery Liz	9:30 – 10:30 Toning & Strength Training Jean	9:30 – 10:30 Low Impact Aerobics Babs	9:30 – 10:30 Total Workout Liz	10:00 – 11:00 Zumba - \$ Liz
	10:35 – 11:35 Silver Sneaker Classic Gina	10:35 – 11:35 Silver Sneakers Yoga Mona	10:35 – 11:35 Silver Sneakers Classic Chelsea	10:35 – 11:35 Silver Sneakers Yoga Mona	10:35 – 11:35 Silver Sneakers Circuit Liz	
	11:45 – 12:45 Zumba Gold - \$ Babs				11:45 – 12:45 Silver Sneakers Yoga Mona	
				5:00 – 5:45 Pound - \$ Jen		
	5:30 – 6:15 Pound - \$ Jen	6:00 – 7:00 <i>New Time</i> Strong by Zumba - \$ Liz				
	6:00 – 7:00 Step & Tone Heather	6:00 – 7:00 Total Yoga - \$ Mona	6:00 – 7:00 Strength & Stretch Heather	6:00 – 7:00 Total Yoga - \$ Mona		

\$ = Additional Fee

Effective January 14, 2019