

# Group Fitness



Schedules online [www.ddaonline.com](http://www.ddaonline.com)

Thank you, Instructors!

	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
<b>High Energy Studio</b>	5:30am		LES MILLS BODYPUMP		LES MILLS BODYPUMP			
	8:15am	tone		LES MILLS BODYPUMP		tone	8:00am	LES MILLS BODYPUMP LES MILLS BODYSTEP ATHLETIC
	9:00am		LES MILLS CXWORX				9:15am	LES MILLS BODYJAM LES MILLS BODYFLOW
	9:30am	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	LES MILLS SH'BAM	LES MILLS BODYSTEP CLASSIC	LES MILLS BODYPUMP	10:15am	LES MILLS CXWORX
	10:45am	LES MILLS BODYFLOW	tone	Restorative Yoga	tone	Yoga		
	11:45am		Silver Sneakers		Silver Sneakers			
	Noon	LES MILLS BODYPUMP				LES MILLS BODYPUMP		
	4:30pm	LES MILLS BODYJAM	LES MILLS BODYFLOW	LES MILLS BODYPUMP	Flow Yoga			
	5:30pm		LES MILLS CXWORX		LES MILLS CXWORX	LES MILLS BODYPUMP		
	5:45pm	LES MILLS BODYPUMP		LES MILLS BODYSTEP CLASSIC				
	6:00pm		LES MILLS BODYATTACK		LES MILLS BODYCOMBAT			
7:00pm	Gentle Yoga							
<b>Bootcamp</b>	6:00am	Bootcamp		Bootcamp		Bootcamp		
	9:30am		Bootcamp		Bootcamp		8:00am	Bootcamp
	Noon			Bootcamp				
<b>Mind Body</b>	9:30am		Beginning Yoga	Yoga Strength	LES MILLS BODYFLOW		9:15am	Flow Yoga
	10:30am	Silver Sneakers Yoga				Silver Sneakers Yoga		
	5:45pm							
<b>Power Pedal</b>	5:30am	Power Pedal	Power Pedal	Power Pedal	Power Pedal	LES MILLS RPM	7:00am	Power Pedal
	9:30am	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM		Power Pedal	9:15am	LES MILLS RPM
	Noon		LES MILLS RPM		LES MILLS RPM			
	4:30pm				Power Pedal			
	5:45pm	Power Pedal		LES MILLS RPM				
<b>Pool</b>	9:00am	Waves in Motion	Waves in Motion	Waves in Motion	Waves in Motion	Waves in Motion		
	10:15am	Silver Waves		Silver Waves		Silver Waves		



Effective - February 28th, 2019