

GROUP EXERCISE GOOD FRIDAY

FRIDAY APRIL 3, 2026 • OPEN 9 AM TO 5 PM

**9:30AM- 10:25AM
20/20/20 W/MARY**

**9:30AM-10:15AM
DEEP WATER AQUAFIT W/CONNIE**

**10:30AM-11:15AM
AQUAFIT W/CONNIE**

**10:30 AM- 11:25PM
GENTLE YOGA W/TERRY**

**10:30 AM- 11:25PM
ZUMBA W/KARINA**

**11:30-12:25PM
PILATES W/ADRIENNE**

**1:30-2:15PM
CARDIO BOX W/LUIS**

**2:30PM-3:25PM
BARS + PLATES W/NIMA**

 **IN THE POOL**  **EAST WEST AEROBICS STUDIO**  **STUDIO 6**  **STUDIO 7**