### Group Exercise Schedule: December 30th - March 30th

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
</table>
| 5:30a-6:15a Vicky Spin Express  
8:30a-9:25a Colleen H.I.I.T. the Water  
9:15a-10:10a Ericka H.I.I.T.  
9:30a-10:15a Colleen Aqua Express  
10:15a-11:10a Julie Gentle Flow Yoga  
12:00p-12:45p JoAnn Agility for Life  
12:15p-1:00p Abel Aqua Zumba  
1:00p-1:45p Sandi Aqua Tone  
1:15p-2:00p JoAnn Stretch  
2:00p-2:45p Sandi Strong/Stretched/Centered  
4:30p-5:15p Kim Aquabata  
4:30p-5:30p Elle Spin  
6:00p-6:50p Debbie Aqua Tone  
6:00p-6:55p Karen Tabata  
7:00p-7:55p Victoria Hatha Yoga  
7:00p-7:50p Debbie Ai Chi | 5:30a-6:25a Marianne Pilates Barre + Mat  
8:30a-9:25a Rosie Power Aqua Circuit  
9:15a-10:00a Ylona Spin Express  
9:00a-10:00a Elizabeth Power Yoga  | 5:30a-6:30a Elle Spin  
8:30a-9:25a Jennifer H.I.I.T. the Water  
9:15a-10:10a Ericka Cross Train  
9:30a-10:15a Jennifer Aqua Xpress  | 5:30a-6:25a Jeannie Strength  
7:00a-7:55a JoAnn Yoga with Weights  
8:30a-9:25a Linda/Debbie Hydro X  
9:00a-10:00a Ericka Power Yoga  | 6:00a-6:55a Patti Hatha Yoga  
8:30a-9:20a Debbie Power Aqua Circuit  | 8:30a-9:15a Diane Spin Express  
8:15a-9:10a Nancy Ultimate Conditioning  
8:45a-9:30a Kim Aqua Xpress  
11:30a-12:15p Abel Aqua Zumba | Location Key  
Location Key  
Studio A  
Studio B  
Studio D  
Studio E  
Therapy Pool  
Lap Pool  

Class times, formats, and instructors are subject to change at anytime.

**Guidelines:** In accordance with fitness industry standards, students should not join a class after the warm up has concluded (approx. first 10 mins). To respect other participants, please refrain from private conversations during class. Refrain from using perfumes, lotions, or oils before classes. Classes are subject to minimum/maximums, instructor/location changes, and/or cancellation at supervisor’s discretion. Aqua classes - water shoes are recommended. Pool etiquette guidelines are posted in pool area, available at the front desk, and posted at www.advocatehealth.com/gsam-wellness.

Updated 1/12/19