











# Del Norte Group Exercise Schedule

Group Exercise Classes	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	<b>6:15am</b>	 <b>BODYPUMP</b> Kelsey					
	<b>8:15am</b>	BODY BLAST Cheyenne	HIIT Annie	BODY BLAST Kelsey	HIIT Annie	BODY BLAST Nina	 <b>BODYPUMP</b> Marcy
	<b>9:00am</b>					HIIT Jamie or Taylor	
	<b>9:15am</b>		 <b>BODYPUMP</b> Annie		 <b>BODYPUMP</b> Annie		YOGA 2 Marcy
	<b>11:00am</b>	STABLE & STRONG DeAnne	TAI CHI Showen	STABLE & STRONG DeAnne	TAI CHI Showen	STABLE & STRONG DeAnne	TAI CHI Showen
	<b>5:00pm</b>	 <b>BODYPUMP</b> Ray	HIIT RAY	 <b>BODYPUMP</b> Taylor	HIIT Jamie		
	<b>5:30pm</b>					 <b>BODYPUMP</b> Kelsey	
	<b>6:30pm</b>	YOGA Maureen	 <b>BODYPUMP</b> Ray	VINYASA YOGA 2 Christine	TAI CHI Dave		

Aquatic Fitness	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	<b>9:00am</b>	AQUA CIRCUIT Darlene	AQUA POWER Darlene	CARDIO INTERVAL Kelsey	AQUA POWER Kelsey	NOODLE MANIA Darlene	Aqua Combo Darlene
	<b>10:00am</b>	 <b>water motion</b> Hannah	WATER WALKING Hannah	 <b>water motion</b> Hannah	WATER WALKING DeAnne	WATER WALKING DeAnne	Aqua Combo Darlene
	<b>12:00pm</b>	WATER WALKING Laura		WATER WALKING Laura			
<b>6:00pm</b>		NOODLE MANIA Staff		AQUA POWER Darlene			