



US Group Exercise Schedule

Categories

Mind Body

Cardio/Strength

Energy Burst or Mindful Recovery

Monday

Tuesday

Wednesday

Thursday

Friday

	8:00AM – 8:30AM <u>7 Minute Workout</u>	6:30AM – 7:15AM <u>Cardio Core</u>	7:15AM – 8:00AM <u>Total Body Conditioning</u> [^]	8:30AM – 9:00AM <u>Cardio Core Express</u>
11:00AM – 11:30AM <u>Barre</u> ^{^*}		10:00AM – 10:15AM <u>Energy Burst</u>		10:00AM – 10:15AM <u>Mindful Recovery</u>
11:45AM – 12:00PM <u>Seated Strength and Stretch</u> [*]	11:00AM – 11:30AM <u>Yoga Core Fusion</u>	11:00AM – 11:30AM <u>HIIT</u>	11:00AM – 11:30AM <u>Pilates</u>	11:00AM – 11:30AM <u>Barre</u> [^]
12:00PM – 12:30PM <u>STRONG Nation</u> ^{TM*}	12:00PM – 12:45PM <u>Zumba</u>	12:00PM – 12:45PM <u>Yoga</u>	12:00PM – 12:30PM <u>7 Minute Workout</u>	12:00PM – 12:45PM <u>Yoga</u>
3:00PM – 3:45PM <u>Yoga</u> [*]	3:00PM – 3:15PM <u>Energy Burst</u>	3:00PM – 3:30PM <u>Pilates</u>	3:00PM – 3:15PM <u>Mindful Recovery</u>	3:00PM – 3:30PM <u>Core Express</u>
5:15PM – 6:00PM <u>Total Body Conditioning</u> ^{^*}	3:45PM – 4:15PM <u>Barre</u> [^]	5:15PM – 5:45PM <u>Kickboxing</u>	5:15PM – 6:00PM <u>Zumba</u>	
	7:00PM – 7:30PM <u>Yoga Express</u>			

[^]Class format will include options to supplement body weight exercises, including free weights, mini exercise balls or bands.

^{*}No classes offered 9/6 in observance of Labor Day