



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WINTER GROUP EXERCISE SCHEDULE

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	
6a-7a	Start Strong with Mary		Start Strong with Mary		Start Strong with Mary	
6:15a-7a						
6:30a-7:30a		Indoor Cycling w/Mary		Indoor Cycling w/Mary		
7a-8a	Morning Ride w/Roland		Morning Ride w/Roland		Morning Ride w/Roland	
7:30a-8:30a						
7:45a-8:30a		Starting Tai Chi for Energy		Starting TC for Arthritis and Fall Prevention		
8a-9a	Strength Train Together		Strength Train Together		Strength Train Together	
8:30a-9a		Tai Chi for Energy Beyond the Basics		Tai Chi for Arthritis and Fall Prevention		
8:30a-9:30a						
9a-10a			Yoga with Julia			
9:30a-10:30a	Low Impact(in pool) w/Kim	Dance Fitness w/Julia	Low Impact(in pool) w/ Kim		Low Impact(in pool) w/Kim	
9:45a-10:45a	Enhance Fitness		Enhance Fitness		Enhance Fitness	
10:00a-11:00a						
10:15a-11:15a						
11:00a-12:00p						
11:00a-1p			Fit Knit (walking & class)			
12p-1p	Tai Chi - Yang 24				Tai Chi - Yang 24	
3:30-4:30p		Tai Chi in the Park by Healthy Acadia				
4:30p-6p						
5:30p-6p						
5:30p-6:30p			Tabata w/Core Focus		Tabata w/Core Focus	
6p-7p		Yoga with Julia		Indoor Cycling w/Richard		
6:15p-7:15p						
6:30p-7:30p			Aqua Aerobics			
6:45p-7:45p		Strength & Power				