



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## E.SPRING 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   |                           | Tai Chi Flow                          |                            | Tai Chi Flow             |                           |  |
| 8a-9a         | Strength Train Together   |                                       | Strength Train Together    |                          | Strength Train Together   |  |
| 8:30a-9a      |                           | Tai Chi Yang 40                       |                            | Tai Chi Yang 40          |                           |  |
| 8:30a-9:30a   |                           |                                       |                            |                          |                           |  |
| 9:15a-10a     |                           |                                       | Yoga with Julia*           |                          |                           |  |
| 9:30a-10:30a  | Low Impact(in pool) w/Kim |                                       | Low Impact(in pool) w/ Kim | Dance Fitness*           | 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     |                           |                                       | Knit Fit (walking & class) |                          |                           |  |
| 12p-1p        | Tai Chi - Yang 24         |                                       | Tai Chi for Veterans       |                          | 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                      |                            |                          |                           |  |

Yoga and Dance Fitness do not begin until first week of March