

# Group Exercise Schedule

## Sunday

10:05am	Yoga	Chet
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## Monday

9:00am	Muscle Pump	Michelle
10:15am	Cardio & Conditioning	Jenn
6:05pm	Barre	Dawn

## Tuesday

8:00am	Pilates	Dawn
9:00am	Barre	Jenn
4:00pm	Cardio Sculpt	Katherine
5:05pm	Tabata	Sharon
6:05pm	Yoga	Dawn

## Wednesday

6:00am	Boxing Interval Training	Maureen
9:05am	Muscle Pump	Michelle
10:15am	Silver Sneakers	Marcelle
5:30pm	30/30 Step & Muscle	Nancy
5:30pm	Zumba	Lani

## Thursday

8:00am	H.E.A.T	Karen T
9:00am	High Intensity Zumba *	Becky
9:00am	Barre	Jenn
10:05am	Gentle Yoga	Mimi
5:05pm	Chisel and Sculpt	Natalie

## Friday

6:00am	Boxing Interval Training	Maureen
9:00am	Muscle Pump w/ Intervals	Marcelle
10:05am	Silver Sneakers	Marcelle

## Saturday

8:00am	Barre	Katherine
9:05am	Caribbean Rhythm *	Ramon

Sunday July 12 - Saturday July 18

\* Represents an Outdoor Class, weather permitting

	Represents classes taking place in-person at Hampstead Health & Fitness
	Represents classes taking place virtually on Zoom
	Represents classes taking place both at HHF and on Zoom