

Club 2000 Group Exercise Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	MORNING CLASSES						
5:15-6:00	Spinning®	-	-	-	Spinning®	-	-
6:00-6:45	-	AM Fitness	Group Cycling	AM Fitness	-	-	-
7:15-8:00	-	-	-	-	-	Spinning®	-
7:45-8:30	Group Cycling	Group Cycling	-	Group Cycling	-	-	-
8:00-8:45	Silver & Fit®	Yoga	Silver & Fit®	Yoga	Silver & Fit®	-	-
8:45-9:30	SilverSneakers®	Light-n-Lively	SilverSneakers®	Light-N-Lively	SilverSneakers®	-	-
9:30-10:00	-	-	-	-	Cycling	-	-
9:30-10:15	-	SilverSneakers® Yoga	-	-	-	-	-
9:30-10:30	Body Blast	-	Tabata	Body Sculpting	-	Zumba®	-
10:00-10:30	-	-	-	-	Toning	-	-
10:30-11:30	Tai Chi	-	Pilates	-	HathaYoga w/Tom	-	Zumba®
PM	EVENING CLASSES						
5:30-6:15	Spinning®	-	-	Spinning®	-	-	-
5:30-6:30	Cardio Kick Boxing	Training w/Christina Body Blast Aerobics	Cardio Kick Boxing	Body Sculpting Cardio Blast	-	-	-
6:00-6:45	-	-	Spinning®	-	-	-	-
6:30-7:30	Zumba®	Zumba®	Zumba®	Zumba®	-	-	-

HOURS OF OPERATION

MONDAY-THURSDAY: 5:00AM - 8:30 P.M.

FRIDAY: 5:00 A.M. - 8:00 P.M.

SATURDAY: 7:00 A.M. - 3:00 P.M.

SUNDAY: 10:00 A.M. - 3:00 P.M.

EFF 9/12/2016

PHONE # 717.632.6009

WWW.CLUB2000FITNESS.COM