

# GROUP EX

group exercise class schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>POWERPUMP</b> 6:30-7:15am w/ Coach	<b>SPIN</b> 5:00-5:45am w/ Diana	<b>SPIN FIT</b> 6:30-7:15am w/ Coach	<b>OPTIMAL GRIND</b> 6:00-7:00am w/ Eric	<b>POWER PUMP</b> 6:30-7:15am w/ Jenna	<b>SPIN</b> 8:00-8:45am See Mindbody for scheduled instructor.
<b>YOGA</b> 8:30-9:15am w/ Kara	<b>OPTIMAL GRIND</b> 6:00-7:00am w/ Eric	<b>SCULPT + TONE</b> 9:15-10:00am w/ Jenna	<b>POWERPUMP</b> 6:30-7:15am w/ Jannie	<b>YOGA</b> 8:30-9:15am w/ Kara	<b>MAX BURN</b> 9:00-10:00am Megan S.
<b>ZUMBA</b> 9:30-10:15am w/ Jenn B.	<b>MAX BURN</b> 6:30-7:15am w/ Coach	<b>FitOver50</b> 10:30-11:15am w/ Beth	<b>BARRE</b> 9:15-10:00am w/ Abbey	<b>ZUMBA</b> 9:30-10:15am w/ Jenn B.	<b>SUNDAY</b>
<b>FitOver50</b> 10:30-11:15am w/ Beth	<b>BARRE</b> 9:15-10:00am w/ Jenna	<b>STRETCH</b> 11:15am-12:00pm w/ Beth	<b>TAI CHI</b> 10:15-11:30am w/ Nathan	<b>MAT PILATES</b> 10:30-11:15am w/ Abbey	<b>SPIN FIT</b> 10:00-10:45am w/ Julia
<b>STRETCH</b> 11:15am-12:00pm w/ Beth	<b>TAI CHI</b> 10:15-11:30am w/ Nathan	<b>MAX BURN</b> 5:00-6:00pm w/ Megan S.		<b>STRETCH</b> 11:15am-12:00pm w/ Jenna	<b>Don't Forget</b> to Grab One of Our Delicious Shakes or Smoothies From the Quarry After Class!

Come experience why Hearthstone Health + Fitness always has the top ranked group exercise classes on the shore!