

# Summer Group Exercise Schedule

This schedule begins Tuesday May 31st and ends Friday August 12th.

	Monday	Tuesday	Wednesday	Thursday	Friday
Mid-day	<u>Step and Strength*</u> 12:00-12:45pm Kelsey	<u>ABC's</u> 12:15-1:00pm Chelsea	<u>PiYo</u> 12:15-1:00pm Chelsea	<u>TurboKick</u> 12:30-1:00pm Chelsea	<u>Stretch and Strength</u> 11:30-12:15 Chelsea <u>HIIT Remix</u> 12:15-1:00pm Kelsey
	<u>Pilates</u> 4:30-5:00pm Chelsea <u>Complete Athlete</u> 5:30-6:15pm Drue	<u>Tai Chi</u> 5:15-6:15pm Dr. English	<u>Zumba</u> 5:30-6:15pm Chloe	<u>Spin*</u> 5:00-5:45pm Kelsey	

\*These classes are limited to 12 participants and you must have a class pass. Class passes will be available at the front desk 15 minutes prior to the class.

During group exercise classes, only participants are to be in the room. You must be a member of the facility to participate in any group exercise class. While we make every effort to avoid class substitutions and cancellations, please note that all class formats and times are subject to change without notice based on instructor availability. Only instructors employed by the OHP are to teach group fitness classes within the facility.