CAC GROUP EXERCISE SCHEDULE

Begins October 1, 2014

GROUP EXERCISE STUDIO

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:15 AM		Pump Xpress		Pump Xpress		
8:30 AM	Pump	Cardio Blast	Pump	Cardio Blast		
9:00 AM						Pump
9:30 AM		Yogalates	Yogalates	Tai Chi	Yogalates	
10:00 AM	SS Classic					Yogalates
11:00 AM	SS Classic	SS Yoga	SS Circuit	SS Classic	SS Yoga	
4:00PM						
4:30 PM	Yogalates					
6:00 PM	Zumba	Pump	Yogalates	Cardio Sculpt		

CYCLE STUDIO

6:15 AM			Cycle			
8:30 AM			Cycle			
8:40 AM					Cycle	
9:00 AM						Cycle
9:45 AM	Cycle					

POOL

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:45 AM	Splashercise	Splashercise	Splashercise	Splashercise	Splashercise	

Healthways SilverSneakers Fitness Program

Carter Athletic Center

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