

Delta AHEC Fitness Center

Group Exercise Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
7:30 to 8:30 am	Yoga/308 Gary	Yoga/308 Gary		Yoga/308 Gary	
8:00 to 8:45 am	Spinning Jill	Bootcamp Jill	Spinning Jill	Circuit Jill	
8:45 to 9:30 am	Walk Away the Pounds Auditorium 8:30	Silver Sneakers (MSROM®) Ashley Auditorium		Silver Sneakers (MSROM®) Ashley Auditorium	Walk Away the pounds Auditorium
9:00 to 10:00 am	Cardio/ Sculpt Ashley				Cardio/ Sculpt Ashley
10:00 to 11:00 am	Peppi for Seniors		Peppi for Seniors		Peppi for Seniors
5:00 to 6:00 pm		Yoga/auditorium Gary		Yoga/auditorium Gary	
5:30 to 6:30 pm	Aerobics Cathy		Aerobics Cathy		
5:30 to 6:30 pm	Zumba Auditorium Vicki		Zumba Auditorium Vicki		