



North Pinellas Branch
June 25th - July 1st

4550 Village Center Drive
Palm Harbor, FL 34685
727 772 9622

	TUE 25	WED 26	THU 27	FRI 28	SAT 29	SUN 30	MON 1
5am	BODYPUMP® Group Exercise Room Hana P 5:15am - 6:15am	Cycling Group Exercise Room Hana P 5:15am - 6am	Tabata Group Exercise Room Kari G 5:15am - 6:15am	Cycling Group Exercise Room Angie A 5:15am - 6am			Cycling Group Exercise Room Carolina J 5:15am - 6am
6am	Cycling Group Exercise Room Lisa R 6:30am - 7:15am	SPRINT® Group Exercise Room Michele K 6:30am - 7am	Cycling Group Exercise Room Lisa R 6:30am - 7:15am				Boot Camp Multipurpose Room Teresa C 6am - 7am
7am	Strength and Resistance Group Exercise Room Michele K 7:30am - 8:15am	Step Group Exercise Room Joe H 7:30am - 8:25am	Strength and Resistance Group Exercise Room Michele K 7:30am - 8:15am	Step Group Exercise Room Joe H 7:30am - 8:25am	SPRINT® Group Exercise Room Hana P 7:30am - 8am		Step Group Exercise Room Joe H 7:30am - 8:25am
8am	Les Mills TONE® Multipurpose Room Monika G 8:30am - 9:15am	Fit for Life Group Exercise Room Kari G 8:30am - 9:30am	Pilates Multipurpose Room Pam J 8:30am - 9:30am	Yoga Multipurpose Room Jenn J 8:30am - 9:30am	BODYPUMP® Group Exercise Room Cameron K 8:15am - 9:15am		Fit for Life Group Exercise Room Kim W 8:30am - 9:30am
	BODYPUMP® Group Exercise Room Teresa C 8:35am - 9:35am		BODYPUMP® Group Exercise Room Teresa C 8:35am - 9:35am	Fit for Life Group Exercise Room Teresa C 8:30am - 9:30am	Pilates Multipurpose Room Jenn J 8:30am - 9:30am		
					Deep Water Exercise Pool Jackie F 8:50am - 9:50am		
9am	Yin Yoga Multipurpose Room Mary C 9:40am - 10:40am	Barre Multipurpose Room Dianna T 9:05am - 9:50am	Yin Yoga Multipurpose Room Mary C 9:40am - 10:40am	20/20/20 Group Exercise Room Kim W 9:40am - 10:40am	BODYCOMBAT® Group Exercise Room Cameron K 9:20am - 10:20am		SilverSneakers® Stability Multipurpose Room Linda G 9am - 9:45am
	Tabata Group Exercise Room Maureen W 9:40am - 10:40am	Les Mills TONE® Group Exercise Room Alina H 9:30am - 10:15am	Tabata Group Exercise Room Maureen W 9:40am - 10:40am	Barre Multipurpose Room Maureen W 9:40am - 10:40am			BODYPUMP® Group Exercise Room Kim W 9:40am - 10:40am
10am	Water Exercise Pool Sue C 10am - 11am	Water Exercise Pool Anne M 10am - 11am	Water Exercise Pool Michele K 10am - 11am	Water Exercise Pool Anne M 10am - 11am	Fitness Yoga Multipurpose Room Amy D 10am - 11am		Deep Water Exercise Pool Anne M 10am - 11am
	Yoga Multipurpose Room Mary C 10:45am - 11:15am	Yoga Multipurpose Room Dianna T 10am - 11am	Yoga Multipurpose Room Mary C 10:45am - 11:15am	Parent-Tot Group Exercise Room Kim W 10:45am - 11:15am	Zumba® Group Exercise Room Susie M 10:30am - 11:30am		Yoga Conference Room Dianna T 10am - 11am
	Cycling Group Exercise Room Clare W 10:50am - 11:35am	BODYPUMP® Group Exercise Room Kim W 10:30am - 11am	Cycling Group Exercise Room Clare W 10:50am - 11:35am				
11am	SilverSneakers® Classic Multipurpose Room Linda G 11:30am - 12:15pm	Zumba® Toning Group Exercise Room Cathy C 11:15am - 12:15pm	SilverSneakers® Classic Multipurpose Room Debbie P 11:30am - 12:15pm	Zumba® Group Exercise Room Cathy C 11am - 12pm	BODYPUMP® Group Exercise Room Hana P 11:45am - 12:45pm	BODYFLOW® Multipurpose Room Ashley S 11:15am - 12:15pm	Zumba® Group Exercise Room Cathy C 11am - 12pm

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.



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	TUE 25	WED 26	THU 27	FRI 28	SAT 29	SUN 30	MON 1
	Zumba Gold® Group Exercise Room Sheila B 11:45am - 12:30pm	SilverSneakers® Circuit Multipurpose Room Donna G 11:30am - 12:15pm	Zumba Gold® Group Exercise Room Cathy C 11:45am - 12:30pm	SilverSneakers® Circuit Multipurpose Room Debbie P 11:30am - 12:15pm		Cycling Group Exercise Room Maureen W 11:15am - 12pm	SilverSneakers® Circuit Multipurpose Room Kim W 11:30am - 12:15pm
12pm				BODYFLOW® Group Exercise Room Alina H 12pm - 1pm			SilverSneakers® Yoga Multipurpose Room Donna G 12:30pm - 1:15pm
				SilverSneakers® Yoga Multipurpose Room Donna G 12:30pm - 1:15pm			
1pm	Tai Chi Multipurpose Room Cathy O 1:30pm - 2:30pm	Line Dancing Group Exercise Room Peggy M 1pm - 2pm	Tai Chi Multipurpose Room Cathy O 1:30pm - 2:30pm			Zumba® Group Exercise Room Susie M 1pm - 2pm	
2pm	Meditation Multipurpose Room Cathy O 2:30pm - 3pm		Meditation Multipurpose Room Cathy O 2:30pm - 3pm				
4pm							BODYFLOW® Multipurpose Room Alina H 4:30pm - 5:30pm
5pm	Step Group Exercise Room Joe H 5:30pm - 6:30pm	BODYPUMP® Group Exercise Room Monika G 5:30pm - 6:30pm	Step Group Exercise Room Joe H 5:30pm - 6:30pm				BODYPUMP® Group Exercise Room Monika G 5:30pm - 6:30pm
							Barre Multipurpose Room Maureen W 5:35pm - 6:35pm
6pm	BODYCOMBAT® Group Exercise Room Alina H 6:30pm - 7:30pm	Les Mills TONE® Group Exercise Room Monika G 6:30pm - 7:15pm	BODYCOMBAT® Group Exercise Room Alina H 6:30pm - 7:30pm	BODYPUMP® Group Exercise Room Teresa C 6pm - 7pm			Zumba® Group Exercise Room Susie M 6:30pm - 7:30pm
		Yoga Multipurpose Room Wendy T 6:40pm - 7:40pm					Fitness Yoga Multipurpose Room Amy D 6:40pm - 7:40pm

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