



# ROSCOE BRANCH Group Exercise Schedule

## Monday

**Time**      **Class**      **Location**      **Instructor**

### A.M. Classes

|             |                |     |          |
|-------------|----------------|-----|----------|
| 5:30-6:30   | Morning Mashup | Gym | Amy      |
| 8:10-8:40   | Sprint         | Gym | Stacy**  |
| 9:00-9:55   | Step           | Gym | Sarah    |
| 10:10-10:55 | Senior Fit     | Gym | Michelle |

### P.M. Classes

|           |            |     |       |
|-----------|------------|-----|-------|
| 5:15-6:15 | BodyPump   | Gym | Renee |
| 6:20-7:20 | BodyCombat | Gym | Polly |

## Tuesday

**Time**      **Class**      **Location**      **Instructor**

### A.M. Classes

|             |            |     |             |
|-------------|------------|-----|-------------|
| 5:15-6:15   | BodyPump   | Gym | Stacy       |
| 9:00-9:55   | BodyCombat | Gym | Ann H/Ann M |
| 10:10-10:55 | Pilates    | Gym | Joan        |

### P.M. Classes

|           |        |     |         |
|-----------|--------|-----|---------|
| 5:30-6:00 | Sprint | Gym | Renee** |
| 6:10-6:55 | Zumba  | Gym | Heather |

## Wednesday

**Time**      **Class**      **Location**      **Instructor**

### A.M. Classes

|             |                |     |          |
|-------------|----------------|-----|----------|
| 5:30-6:30   | Morning Mashup | Gym | Stacy Y. |
| 8:10-8:40   | Sprint         | Gym | Ann M.** |
| 9:00-10:00  | BodyPump       | Gym | Laurel   |
| 10:10-10:55 | Senior Fit     | Gym | Paul     |

### P.M. Classes

|           |               |     |             |
|-----------|---------------|-----|-------------|
| 5:15-6:15 | BodyPump      | Gym | Polly/Renee |
| 6:20-6:50 | LesMills Core | Gym | Polly       |

\*\*Registration required for Sprint

## Thursday

**Time**      **Class**      **Location**      **Instructor**

### A.M. Classes

|             |            |     |       |
|-------------|------------|-----|-------|
| 5:15-6:15   | BodyPump   | Gym | Stacy |
| 9:00-9:55   | BodyCombat | Gym | Sarah |
| 10:10-10:55 | Pilates    | Gym | Joan  |

### P.M. Classes

|           |        |     |        |
|-----------|--------|-----|--------|
| 5:30-6:00 | Sprint | Gym | Erin** |
| 6:10-6:55 | Zumba  | Gym | Alisha |

## Friday

**Time**      **Class**      **Location**      **Instructor**

### A.M. Classes

|             |                     |     |         |
|-------------|---------------------|-----|---------|
| 5:05-5:35   | Sprint              | Gym | Sarah** |
| 5:45-6:15   | Grit                | Gym | Sarah   |
| 8:10-8:40   | Sprint              | Gym | Erin**  |
| 9:00-9:45   | Functional Strength | Gym | Cortnee |
| 10:10-10:55 | Senior Fit          | Gym | Alisha  |

## Saturday

**Time**      **Class**      **Location**      **Instructor**

### A.M. Classes

|            |               |     |          |
|------------|---------------|-----|----------|
| 6:45-7:45  | BodyPump      | Gym | Renee F. |
| 7:55-8:25  | LesMills Core | Gym | Polly    |
| 8:35-9:35  | BodyCombat    | Gym | Polly    |
| 9:45-10:30 | Pilates       | Gym | Joan     |