



# DELTA FITNESS

## GROUP CLASS SCHEDULE

	SUN	MON	TUE	WED	THU	FRI	SAT
<b>5<sup>30</sup> am</b>		<b>Group Power</b> LINDY		<b>Group Power</b> LINDY		<b>Cycle</b> LINDY	
<b>8<sup>30</sup> am</b>							<b>Step/Core</b> KASONDRA
<b>9<sup>00</sup> am</b>		<b>Yoga</b> CYNTHIA	<b>Strength Intervals</b> LARA	<b>Yoga</b> MICHAEL		<b>Yoga</b> MICHAEL	
<b>9<sup>30</sup> am</b>	<b>Yoga</b> CYNTHIA						
<b>10<sup>15</sup> am</b>			<b>Pilates</b> JENNIFER		<b>Pilates</b> JENNIFER		
<b>1<sup>30</sup> pm</b>			 <b>SilverSneakers</b> MICHIE		 <b>SilverSneakers</b> MICHIE		
<b>5<sup>30</sup> pm</b>		<b>Cycle &amp; Sculpt</b> KRISTIN	<b>TurnUp</b> DANCE FITNESS KEIKI	<b>Yoga</b> SONA	<b>Just Dance</b> KASONDRA		