

TigeRec Group Fitness

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:00am ABC Toning (aerobics rm-60 min) Debbie Stracke	*9:00am* ABC Toning (aerobics rm-60 min) Debbie Stracke	*9:00am* ABC Toning (aerobics rm-60 min) Debbie Stracke	*9:00am* ABC Toning (aerobics rm-60 min) Debbie Stracke	*9:00am* ABC Toning (aerobics rm-60 min) Debbie Stracke	
				11:30am Zumba® (aerobics rm-45 min) Betsy Leonard		
		5:30 pm Yoga Group (aerobics rm-60 min) Sue Carter	*5:30 pm* Dance Party (aerobics rm-60 min) Emily Gantt			
	7:00 pm Zumba® (aerobics rm-45 min) Betsy Leonard			*7:00 pm* Zumba® (aerobics rm-45 min) Betsy Leonard		

For more information regarding the group fitness classes, contact Betsy Leonard
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