

GROUP EXERCISE SCHEDULE

Call: (574)367-2357 | Email: lindsey.stanley@usc.salvationarmy.org | May 5th - August 31st

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00am - 6:45am Britt's HIIT with Brittany GX		6:00am - 6:45am Lift & Burn with Brittany GX	6:00am - 6:45am Sunrise Yoga with Sara FS		
8:30am-9:30am Total Body Strength with Kendall GX	8:30am-9:15am Cycle with Heather CR	8:30am-9:30am Strength & Stamina with Heather GX	8:30am-9:15am Cycle with Levi CR	8:30am-9:30am Rep & Rev with Brittany GX	
	8:45am-9:30am Mommy & Me with Le'Ayre GX				
9:00am-9:45am Aqua Zumba with Marissa V. AC		9:00am-9:45am Aqua Zumba with Marissa V. AC		9:00am-9:45am Aquacize with Myah AC	9:00am-9:45am Bootcamp with Kendall GX
9:45am-10:45am Yogability with Christina FS	9:15am-10:00am Kroc Core with Heather GX	9:45am-10:45am Intermediate Yoga with Sara B. FS	9:15am-10:00am Kroc Core with Levi GX	9:45am-10:45am Yoga with Ra FS	
9:45am-10:45am Silver Drumming with Lindsey GX	9:45am-10:30am Silver Strength with Christina CH	9:45am-10:45am Silver Dance with Lindsey GX	9:45am-10:30am Silver Strength with Christina CH	9:45am-10:45am Silver Drumming with Lindsey GX	10:00am-10:45am Cycle with Pita CR
11:00am-11:30am Silver Abs with Lindsey GX	10:45am-11:30am Chair Yoga with Christina CH		10:45am-11:30am Chair Yoga with Christina CH		10:00am-11:00am Holy Yoga with Sara B. GX
				11:00am-11:30am Tai Chi with Lindsey GX	
12:00pm-12:30pm Office Escape with Pita GX		12:00pm-12:30pm Office Escape with Pita GX			
5:30pm-6:15pm Diesel with Rob GX	5:30pm-6:30pm Barbell Strength with Anna GX	5:30pm-6:15pm Cycle with Mandy CR	5:30pm-6:15pm Cycle with Rob CR		
	5:45pm-6:45pm Holy Yoga with Sara B. FS				
6:30pm-7:15pm Cycle with Mandy CR					

COLOR CODE

Cycling

Total Body Workout

Mind & Body

Aquatic Fitness

Kids Classes

Silver

CR Cycle Room
AC Aquatic Center
CH Chapel

GX Group Exercise Room
FS Fitness Studio



**KROC
CENTER**