

## 2026 GROUP FITNESS TIMETABLE

|                  | 6:10am                | 8:45am                       | 10:00am                           | 11:00am                         | 2:00pm                            | 5:00pm                            | 6:00pm  |
|------------------|-----------------------|------------------------------|-----------------------------------|---------------------------------|-----------------------------------|-----------------------------------|---|
| <b>Monday</b>    |                       | Walk n Talk<br><b>Rhonda</b> |                                   | Active Adults<br><b>Shirley</b> | Water Aerobics<br><b>Marianne</b> |                                   | Water Aerobics<br><b>Sue S</b>                    |
| <b>Tuesday</b>   | Spin<br><b>Rhonda</b> |                              | Water Aerobics<br><b>Rhonda</b>   | Walk n Talk<br><b>Shirley</b>   | Water Aerobics<br><b>Marianne</b> |                                   |   |
| <b>Wednesday</b> |                       | Walk n Talk<br><b>Rhonda</b> |                                   | Active Adults<br><b>Shirley</b> |                                   |                                   | Water Aerobics<br><b>Marianne</b>                 |
| <b>Thursday</b>  | Spin<br><b>Rhonda</b> |                              | Water Aerobics<br><b>Rhonda</b>   |                                 |                                   | Water Aerobics<br><b>Marianne</b> | Stretch n Strengthen<br><b>Rhonda</b><br>(5:00pm) |
| <b>Friday</b>    |                       | Walk n Talk<br><b>Rhonda</b> |                                   |                                 |                                   |                                   | Water Aerobics<br><b>Marianne</b>                 |
| <b>Saturday</b>  |                       |                              | Water Aerobics<br><b>Marianne</b> |                                 |                                   |                                   |   |