

Indian Valley RPM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 AM Hour		RPM 5:30-6:15 AM		RPM 5:30-6:15 AM			
6 AM Hour	RPM 6:00-6:45 AM		RPM 6:00-6:45 AM		RPM 6:00-6:45 AM		
9 AM Hour		RPM 9:00-9:45 AM		RPM 9:00-9:45 AM	RPM 9:00-9:45 AM	RPM 9:00-9:45 AM	
10 AM Hour	RPM 9:30-10:15 AM	Cycle 101 10:00-10:30 AM					
6 PM Hour		RPM 6:00-6:45 PM					
7 PM Hour	RPM 7:30-8:15 PM		RPM 7:30-8:15 PM				

Group Exercise at Indian Valley Dance Studio

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Morning							
8 AM Hour	Healthy Abs and Back 8:30-9:15		Healthy Abs and Back 8:30-9:15		Pilates 8:30-9:15		
9 AM Hour	Zumba 9:15-10:10	Mat Pilates 9:30-10:15	Step Interval 9:30-10:25	Cardio Salsa 9:30-10:15	AOA Interm. Ball class 9:30-10:15	Martial Arts 8:30-9:30	
10 AM Hour	Fit over 50 10:15-11:00	Yoga Rhythms 10:30-11:15	Fitness Yoga 10:30-11:25	Fit over 50 10:15-11:00	Fitness Yoga 10:30-11:25	Zumba 9:30-10:25	
11 AM Hour	Gentle Yoga 11:15-12:15	Gentle Yoga 11:15-12:15				Fitness Yoga Level 2 10:30-11:25	
12 PM Hour							Fitness Yoga 12:30-1:25
3 PM Hour	Silver Sneakers Cardio Circuit 3:30-4:15	AOA Card Club 3:00-4:30	Silver Sneakers Cardio Circuit 3:30-4:15				
4 PM Hour	Creative Dance 4:45-5:30		Creative Dance 4:45-5:30	Beginner Ballet 4:45-5:30			
5 PM Hour	Gentle Yoga 5:30-6:15	Tae Kwon-Do Ages 5-7 5:45-6:30		Gentle Yoga 5:30-6:15			Ball Room Dancing 5:00-7:00
6 PM Hour		Tae Kwon Do 6:30-7:15	Fitness Yoga 6:30-7:25	Zumba 6:30-7:25			
7 PM Hour	Fitness Yoga 7:00-7:55	TaeKwon Do 7:15-8:15					
8 PM Hour							

Group Exercise in the GYM

	Monday	Tuesday	Wednesday	Thursday	Friday
AM		Walking to the Oldies 8:30		Walking to the Oldies 8:30	Walking to the Oldies 8:30

Group Exercise at Indian Valley Room AB Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 AM Hour		Body Pump 5:45-6:45 AB		Body Pump 6:00-7:00 AB			
6 AM Hour							
8 AM Hour		Body Pump 8:30-9:30 A		Body Pump 8:30-9:30 A		Body Pump 8:00-9:00 AB	Church Group 8:00-12:00 AB
		Butts and Guts 8:45-9:30 B		Butts and Guts 8:45-9:30 B			
9 AM Hour	Step Interval 9:15-10:10 AB	Kickboxing 9:30-10:25 AB	Body Shaping 9:00-9:55 A/B	Fast 'n Furious 9:30-10:25 AB	Step Interval 9:15-10:10 AB	Fast 'n Furious 9:15-10:10 AB	
10 AM Hour	Body Pump 10:15-11:15 AB	Kettle Bell 10:30-11:25 AB	Body Pump 10:00-11:00 AB	Pilates 10:30-11:15 AB	Kettle Bell 10:15-11:10 AB	Pilates 10:30-11:15 AB	
Mid Afternoon	Silver Sneakers MSROM 11:30-12:15 AB	Weight Watchers B 11:45-1:00	Silver Sneakers MSROM 11:30-12:15 AB				Intro to Body Pump 12:00-12:30 May 2 nd . Only
		Aetna Seminars B 1:00-3:00					Body Pump 12:30-1:30 AB
5 PM Hour	Cardio Interval 5:15-6:10 A/B	Step Interval 4:45-5:40 AB	Body Shape 5:30-6:25 AB	Cardio Interval 5:00-5:55 AB			
6 PM Hour	Zumba 6:15-7:10 AB	Body Pump 5:50-6:50 AB	Kickboxing 6:30-7:25 AB	Body Pump 6:00-7:00 AB			
7 PM Hour	Pilates 7:15-8:00 AB	Fast 'n Furious 7:00-8:00 AB	Pilates 7:45-8:30 A/B	Kettlebell 7:00-8:00 AB			
8 PM Hour	Butts 'n Guts 8:00-8:45	Belly Dance Blast 8:00-9:00					