

## Club Energize Group Exercise Schedule

**Sept. - Oct.**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>5:00 AM</b>		Cycling Todd 5:15-6:15				
<b>6:30 AM</b>						
<b>8:30 AM</b>						Zumba Becky 8:00-9:00
<b>9:00 AM</b>						
<b>9:30 AM</b>						
<b>10:00 AM</b>						Cycling Rachel 10:00-11:00
<b>12:00 PM</b>	Boot Camp Kara 12:10-12:50	Cycling Sunni 12:10-1:00	Metabolic Conditioning Sunni 12:10-12:50			*Class will start Sept. 12
<b>4:30 PM</b>					<b>Club Energize hours</b>  <b>Monday - Friday - 5:00 AM - 10:00 PM</b>  <b>Saturday - 7:00 AM - 7:00 PM</b>  <b>Sunday - 8:00 AM - 6:00 PM</b>	
<b>5:00 PM</b>			Circuit Candi 5:15-6:00			
<b>5:30 PM</b>	Circuit Candi 5:30-6:30	Cycling Candi 5:30-6:30	ZUMBA Brenda 5:30-6:30	Cycling Candi 5:30-6:30		
<b>6:00 PM</b>					Purple classes are held at the Keiser equipment.	
<b>6:30 PM</b>					Blue classes are held in the Aerobics Room.	
<b>6:00 PM</b>					Orange classes are held in the Cycling Room.	
<b>6:30 PM</b>						
Club Energize reserves the right to change or cancel any group fitness class due to low participation.						