

# Employee Fitness Center Group Fitness Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:00am		Pilates			
12:15pm	All Levels Yoga	Vinyasa Yoga		Vinyasa Yoga	All Levels Yoga
4:30pm	Zumba		Cardio Strength		
5:30pm	Strength & Stamina	Boot Camp	Zumba	Cardio Kickboxing	

*All classes are 45 minutes.*

*Class times and instructors are subject to change.*