

Group X



Schedules online www.ddaonline.com

Thank you, Instructors!

High Energy	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:50 AM						Sleep	Sleep
	8:00 AM							
	9:15 AM							
	10:30 AM				Body Step Light			
	11:45AM		Silver Sneakers		Silver Sneakers			
	Noon			CircuitFIT				
	4:30 PM				CircuitFIT			
	5:30 PM							
	5:45 PM							

Mind Body	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	8:00 AM							
	9:15 AM			*Beginner Yoga		Yoga		
	10:30 AM	Silver Sneakers Yoga		Silver Sneakers Cardio				
	5:30PM							

Cycle	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	5:50 AM		Cycle Therapy **5:30am**				Cycle Therapy		
	9:15 AM								
	9:30 AM	Cycle Therapy		Cycle Therapy		Cycle Therapy			
	4:30 PM		Cycle Therapy		Cycle Therapy				

Pool	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00 AM			Running Club				
	9:00 AM	Waves in Motion		Waves in Motion		Waves in Motion		
	10:00 AM	Silver Waves		Silver Waves		Silver Waves		

Please notify your instructor prior to participation if you have health concerns.	GroupX Director 851-7171 x 266 groupx@ddaonline.com	Schedule subject to change
		*Please bring a mat

Effective July 22nd 2010

