CENTRAL PENN GROUP FITNESS

MAIN STUDIO (Effective 11/1/26)

Time	SUN	MON	TUES	WED	THURS	FRI	SAT
7:30 AM		RESISTANCE TRAINING			RESISTAN6E TRAINING		
8:00 AM			SILVER SNEAKERS STABILITY	CARDIO MIX		STEP	
9:00 AM	TAE-BO® FITNESS	CARDIO MIX	REFIT @9:15	REV+FLOW @9:15	ZUMBA @9:15	POWER UP	ZUMBA
9:45 AM						SILVER SNEAKERS CLASSIC	
10:00 AM	GET RIPPED®						
10:30 AM		CHAIR YOGA	LINE DANCE (ADVANCED)	SILVER SNEAKERS CLASSIC	MAT PILATES @10:45		
11:00 AM						CHAIR YOGA	
11:30 AM							
12:00 PM		BEG 1 LINE DANCING	YOGA		YOGA		
1:00 PM		BEG 2 LINE DANCING					
1:30 PM					TAP		
BREAK							
5:15 PM		ZUMBA		STEP			
5:30 PM			GET RIPPED®		GET RIPPED®	TABATA 11/6 & 11/13	
6:00 PM		TOTAL STRENGTH					
6:30 PM				YOGA			

INDOOR CYCLING CLASS SCHEDULE

Time	SUN	MON	TUES	WED	THURS	FRI	SAT
6:00 AM		CHARLES		CHARLES		CHARLES	
8:00 AM	ROTATING INSTRUCTORS						
8:30 AM		SHEILA		SHEILA		SHEILA	
9:00 AM							ROTATING INSTRUCTORS
BREAK							
5:15 PM			SUZANNE				

AQUATIC CLASS SCHEDULE

Time	SUN	MON	TUES	WED	THURS	FRI	SAT
6:15 AM			AQUA MOTION		AQUA MOTION		
8:30 AM		AQUA ENERGY		AQUA ENERGY		AQUA ENERGY	
9:30 AM							
10:00 AM		AQUA SCULPT	AQUA ENERGY	AQUA SCULPT	AQUA ENERGY	AQUA SCULPT	
11:00 AM		AQUA STRONG	AQUA STRONG	AQUA STRONG		AQUA STRONG	
BREAK							
12:00 PM		AQUA STRONG					

BACKROOM CLASS SCHEDULE

Time	SUN	MON	TUES	WED	THURS	FRI	SAT
10:30 AM			TAI CHI				

TRX & FUNCTIONAL TRAINING ROOM CLASS SCHEDULE

Time	SUN	MON	TUES	WED	THURS	FRI	SAT
5:00 PM			GRIT 45 BOOTCAMP (FUNCTIONAL TRAINING ROOM)		GRIT 45 BOOTCAMP (FUNCTIONAL TRAINING ROOM)		