

Group Exercise Class Schedule

Group classes are fun and motivating! See class descriptions on the back of this schedule. Our instructors will energize and lead you through invigorating cardio classes, relaxing yoga and much more! Let Atlantis Sports Club be the best part of your day!

Club Hours: Sat/Sun 7:30 to 8, Mon – Fri 5:30 – 9:30
 Pool Hours: Sun 7:30am – 8pm, Mon – Fri 5:30 -9:30 Sat 7:30 am -9:30 pm

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 AM	<i>Cardio Sculpt</i> Barbara Prentice	<i>Pilates Mat</i> Deb Hoxie	<i>Cardio Circuit</i> Keith Putnam	<i>Yoga</i> Deb Hoxie	<i>Tabata</i> Keith Putnam	7:45 <i>Spin</i> Keith P	
9:30 AM					<i>Spin</i> Cindy	9:00 AM <i>Tabata</i> Keith P.	
10:00 AM	<i>Aqua Aerobics</i>	<i>Aqua Aerobics</i>	<i>Aqua Aerobics</i>	<i>Aqua Aerobics</i>	<i>Aqua Aerobics</i>	10:15 <i>Spin</i> Keith Putnam	
10:30 AM							
4:30 PM	<i>Spin</i> Cindy	<i>Spin</i> Keith	<i>Tabata</i> Keith Putnam	<i>Spin</i> Keith Putnam		<i>Zumba</i> Rick Garceau	
5:30 PM	<i>Cardio Circuit</i> Keith Putnam	<i>Yoga</i> Deb Hoxie	<i>Yoga</i> Paul Howard		<i>Yoga</i> Paul Howard		
6:30 PM	<i>Zumba</i> Rick						