



ELITE/EVANSVILLE GROUP CLASS SCHEDULE

Spring

	Sun	Mon	Tue	Wed	Thur	Fri	Sat
8:30 AM	*These classes are at Lloyd Pool	*Aerobics H2O (Dot)		*Aerobics H2O (Dot)			
8:30 AM		Pilates Plus (Jamie)		Pilates Plus (Jamie)		Pilates Plus (Jamie)	
8:45 AM			Pump and Grind (VAL)		Flex and Stretch (VAL)		
9:00 AM							Core Power (VAL)
9:15 AM		Core Power (VAL)		Core Power (VAL)		Core Power (VAL)	
10:15 AM		Silver Sneakers (VAL)	Silver Sneakers (Amy)	Silver Sneakers (VAL)	Silver Sneakers (VAL)	Young @ Heart (VAL)	Bootcamp (Kim)
11:30 AM		Open Basketball 11:30 - 4		Open Basketball 11:30 - 4		Open Basketball 11:30 - 4	
4:30 PM		Abs & Arms (VAL)		The Burn (VAL)			
4:45 PM							
5:30 PM		Core Power (VAL)	Crank It Up! (Val)	Melt Down (VAL)	Push It (Kim)		
6:30 PM		Bootcamp (Kim)	Yoga (Donna)		Yoga (Donna)		

Classes are subject to change or cancellation without notice.

*Aerobics H2O classes are free to Elite members @ Lloyd Pool