



Group Exercise Classes - Portage Branch
Fall 2020

updated 10.30

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	LES MILLS BODYPUMP® 8-8:55am Melody	Basic Yoga 9-10a AF Kelsey	LES MILLS BODYCOMBAT™ 6-6:55a Loida	Zumba 9-9:55a R Carrie	LES MILLS BODYCOMBAT™ 6-6:55a B Michelle C	
	Step Challenge* 9:30-10:15am Z JoAnne	Zumba 9-9:55a R Carrie	LES MILLS BODYPUMP® 8-8:55am Melody	Silver Sneakers Chair Yoga* 1:30-2:25p Z Cary	Silver Sneakers Classic* 10:45-11:40 JoAnne	LES MILLS BODYCOMBAT™ 8:30-9:25a R Michelle C
	Silver Sneakers Classic* 10:45-11:40 JoAnne	Group Cycling 9-9:45a S Lynda	Step Challenge* 9:30-10:15am Z JoAnne	LES MILLS BODYCOMBAT™ 4:30-5:25p Michelle	TRX 12-12:45p S John	
	TRX 12-12:45p S John	LES MILLS BODYCOMBAT™ 4:30-5:25p Z Michelle	Silver Sneakers Classic* 10:45-11:40a Lynda	LES MILLS BODYPUMP® 6-6:55p Danielle		LES MILLS BODYPUMP® 10:30-11:30a Rotation
	LES MILLS BODYPUMP® 5:30 - 6:25p Jamie	Group Cycling 6-6:55p S Kelsey	LES MILLS BODYPUMP® 5:30-6:25p Becky	Group Cycling 6-6:55p S Kelsey		
	Barre Fusion 5:30 - 6:25p S/Z Kelsey s.		Zumba* 7-8p Z Carrie			
	Zumba* 7-8p Denise					

Classes held in Group Exercise Room unless noted below.

KEY:
AF = A-Frame
S = Studio
B = Blue court
R = Red Court
Z = Streamed on Zoom for home viewing

Occupancy	Space
9	Group Ex
5	Studio
5	Aframe
14	Red Court
19	Blue Court