

## Moultrie Group Exercise Classes

| Sun<br>02/10 | Mon<br>02/11  | Tue<br>02/12   | Wed<br>02/13  | Thu<br>02/14   | Fri<br>02/15  | Sat<br>02/16  |
|--------------|---|--|---|--|---|---|
|              | <b>Cycle</b><br>Group Ex Studio<br>Jimmy Allegood<br>05:30 AM (45 min)                                      | <b>Boot Camp</b><br>Group Ex<br>Studio<br>Chuck<br>Bannister<br>05:30 AM<br>(45 min)                 | <b>Cycle</b><br>Group Ex Studio<br>Jimmy Allegood<br>05:30 AM (45 min)                                      | <b>Boot Camp</b><br>Group Ex<br>Studio<br>Chuck<br>Bannister<br>05:30 AM<br>(45 min)                 | <b>Cycle</b><br>Group Ex Studio<br>Jimmy Allegood<br>05:30 AM<br>(45 min)                           | <b>Cardio<br/>Dance</b><br>Group Ex<br>Studio<br>Various<br>Instructors<br>09:15 AM<br>(45 min) |
|              | <b>Sculpt</b><br>Group Ex Studio<br>Jimmy Allegood<br>06:15 AM (45 min)                                     | <b>Body Sculpt</b><br>Group Ex<br>Studio<br>Tammy Phillips<br>08:00 AM<br>(45 min)                   | <b>Sculpt</b><br>Group Ex Studio<br>Jimmy Allegood<br>06:15 AM (45 min)                                     | <b>Body Sculpt</b><br>Group Ex<br>Studio<br>Tammy Phillips<br>08:00 AM<br>(45 min)                   | <b>Sculpt</b><br>Group Ex Studio<br>Jimmy Allegood<br>06:15 AM<br>(45 min)                          |   |
|              | <b>Active Older Adult<br/>Movin' &amp; Groovin'</b><br>Group Ex Studio<br>Jeanie Brown<br>08:30 AM (45 min) | <b>Silver<br/>Sneakers<br/>Classic</b><br>Group Ex<br>Studio<br>Kathy Warner<br>09:00 AM<br>(45 min) | <b>Active Older Adult<br/>Movin' &amp; Groovin'</b><br>Group Ex Studio<br>Jeanie Brown<br>08:30 AM (45 min) | <b>Silver<br/>Sneakers<br/>Classic</b><br>Group Ex<br>Studio<br>Kathy Warner<br>09:00 AM<br>(45 min) | <b>Beginner Chair<br/>Yoga</b><br>Group Ex Studio<br>Stan Savage<br>08:30 AM<br>(45 min)            |   |
|              | <b>Yoga</b><br>Group Ex Studio<br>Stan Savage<br>09:20 AM (70 min)  | <b>Pilates</b><br>Group Ex<br>Studio<br>Jeanie Brown<br>10:00 AM<br>(45 min)                         | <b>Yoga</b><br>Group Ex Studio<br>Stan Savage<br>09:20 AM (70 min)  | <b>Pilates</b><br>Group Ex<br>Studio<br>Jeanie Brown<br>10:00 AM<br>(45 min)                         | <b>Yoga</b><br>Group Ex Studio<br>Stan Savage<br>09:20 AM<br>(70 min)                               |   |
|              | <b>Water Fitness</b><br>Aquatics Center<br>Kathy Warner<br>09:30 AM (60 min)                                | <b>Deep Water Aerobics</b><br>Aquatics Center<br>Becky DeMott<br>10:30 AM (45 min)                   | <b>Water Fitness</b><br>Aquatics Center<br>Kathy Warner<br>09:30 AM (60 min)                                | <b>Deep Water Aerobics</b><br>Aquatics Center<br>Becky DeMott<br>10:30 AM (45 min)                   | <b>Water Fitness</b><br>Aquatics Center<br>Kathy Warner<br>09:30 AM<br>(60 min)                     |   |
|              | <b>Deep Water Aerobics</b><br>Aquatics Center<br>Becky DeMott<br>10:30 AM (45 min)                          | <b>Deep Water Aerobics</b><br>Downtown<br>Jeanie Brown<br>10:30 AM (45 min)                          | <b>Total Stretch &amp;<br/>Flexibility</b><br>Downtown<br>Jeanie Brown<br>10:30 AM (45 min)                 | <b>Deep Water<br/>Aerobics</b><br>Aquatics<br>Center<br>Link Whittaker<br>12:15 PM<br>(45 min)       | <b>Deep Water<br/>Aerobics</b><br>Aquatics Center<br>Becky DeMott<br>10:30 AM<br>(45 min)           |   |
|              | <b>Total Stretch &amp;<br/>Flexibility</b><br>Downtown<br>Jeanie Brown<br>10:30 AM (45 min)                 | <b>Silver<br/>Sneakers<br/>Classic</b><br>Group Ex<br>Studio<br>Kathy Warner<br>02:00 PM<br>(45 min) | <b>H2OGA</b><br>Aquatics Center<br>Stan Savage<br>11:15 AM (45 min)   | <b>Cardio Dance</b><br>Group Ex<br>Studio<br>Stephanie<br>Brooks<br>04:30 PM<br>(45 min)             | <b>Total Stretch &amp;<br/>Flexibility</b><br>Downtown<br>Jeanie Brown<br>10:30 AM<br>(45 min)      |   |
|              | <b>Yin Yoga Deep Stretch</b><br>Group Ex Studio<br>Charmaine Johnson<br>10:35 AM (60 min)                   | <b>Cardio Dance</b><br>Group Ex<br>Studio<br>Stephanie<br>Brooks<br>04:30 PM<br>(45 min)             | <b>Cardio Dance</b><br>Group Ex Studio<br>Stephanie Brooks<br>11:35 AM (40 min)                             | <b>Body Sculpt</b><br>Group Ex<br>Studio<br>Susan Lewis<br>05:15 PM<br>(45 min)                      | <b>Yin Yoga Deep<br/>Stretch</b><br>Group Ex Studio<br>Charmaine<br>Johnson<br>10:35 AM<br>(60 min) |   |
|              | <b>H2OGA</b><br>Aquatics Center<br>Stan Savage<br>11:15 AM (45 min)   | <b>Cardio Dance</b><br>Group Ex<br>Studio<br>Stephanie<br>Brooks<br>04:30 PM<br>(45 min)             | <b>Body Sculpt</b><br>Group Ex Studio<br>Susan Lewis<br>04:30 PM (45 min)                                   | <b>Body Sculpt</b><br>Group Ex<br>Studio<br>Susan Lewis<br>05:15 PM<br>(45 min)                      |   |   |
|              | <b>Cardio Dance</b><br>Group Ex Studio<br>Judith Fuller<br>11:35 AM (40 min)                                | <b>Cycle n' Sculpt</b><br>Group Ex<br>Studio<br>Ashton Eunice<br>05:15 PM<br>(45 min)                | <b>Step n' Sculpt</b><br>Group Ex Studio<br>Susan Lewis<br>05:30 PM (45 min)                                | <b>Pilates</b><br>Group Ex<br>Studio<br>Shannon<br>Stevens<br>06:00 PM<br>(45 min)                   | <b>H2OGA</b><br>Aquatics Center<br>Stan Savage<br>11:15 AM<br>(45 min)                              |   |
|              | <b>Cardio Dance</b><br>Group Ex Studio<br>Mandy Kinsey<br>04:30 PM (45 min)                                 | <b>Pilates</b><br>Group Ex<br>Studio<br>Shannon<br>Stevens<br>06:00 PM<br>(45 min)                   |   | <b>Express Cycle</b><br>Group Ex<br>Studio<br>Meghan Bryant<br>07:00 PM<br>(30 min)                  | <b>Cardio Dance</b><br>Group Ex Studio<br>Judith Fuller<br>11:35 AM<br>(40 min)                     |   |
|              | <b>Step n' Sculpt</b><br>Group Ex Studio<br>Susan Lewis<br>05:30 PM (45 min)                                |  |   |  | <b>Silver Sneakers<br/>Classic</b><br>Group Ex Studio<br>Kathy Warner<br>02:00 PM<br>(45 min)       |   |
|              | <b>Cycle n' Sculpt</b><br>Group Ex Studio<br>Ashton Eunice<br>06:15 PM (45 min)                             |  |   |  | <b>Cardio Dance</b><br>Group Ex Studio<br>Mandy Kinsey<br>04:30 PM<br>(45 min)                      |   |
|              | <b>Yin Yoga Deep Stretch</b><br>Group Ex Studio<br>Charmaine Johnson<br>07:00 PM (60 min)                   |  |   |  |   |   |