

OTG CLASS SCHEDULE

Monday	5:30 am	Cardio Chaos	Marlon
	9:00 am	Aquatic Class	Laura
	9:30 am	Body Blast	Heather
	4:30 pm	Pilates	Gary
	5:15 pm	Stability Ball	Gary
	5:30 pm	Aquatic Class	Rick
	6:30 pm	Kickboxing +	Peggy
	7:30 pm	Zumba	Jenn

Tuesday	8:00 am	Hardbody Meltdown	Marlon
	9:30 am	Kickboxing	Marlon
	10:30am	Silver Sneakers	Laura
	5:00 pm	Kickboxing	Marlon
	6:00 pm	Body Pump	Rick
	7:00 pm	Youth TKD	Jessica

Wednesday

5:30 am	Cardio Chaos	Marlon
9:00 am	Aquatic Class	Laura
9:30 am	Body Blast	Heather
4:30 pm	Step Aerobics	Gary
5:15 pm	Pilates	Gary
5:30 pm	Aquatic Class	Rick
6:00 pm	Hardbody Meltdown	Marlon

Thursday	8:00 am	Hardbody Meltdown	Marlon
	9:00 am	Silver Seakers	Laura
	5:00 pm	Yoga	Paul
	5:30 pm	Beginner Youth Swimming (sign up with instructor required)	
	6:00 pm	Advanced Youth Swimming(sign up with instructor required)	
	6:30 pm	Beginner Youth Swimming (sign up with instructor required)	
	6:15 pm	Youth TKD	Jessica
	7:15 pm	Zumba	Jenn

Friday	9:00 am	Aquatic Stretch	Darla
	9:30 am	Body Blast	Heather
	6:00 pm	Body Pump	Rick

Saturday

8:30 am	Step & Pump	Peggy
9:30 am	Pilates	Peggy
11:30 am	Kung Fu	Connell
1:00 pm	Hardbody Meltdown	Marlon

Sunday	1:00 pm	Yoga	Paul
---------------	---------	------	------