|   | SUMMER RE-OPENING SCHEDULE AUGUST 2020     |   |  |  |                                      | EFFECTIVE 08/01/20-Updated 07/29/20   |                                      |
|---|--|---|--|--|--------------------------------------|---|--------------------------------------|
|   | Monday                                     | Tuesday                                 | Wednesday                                    | Thursday   | Friday                               | Saturday  | Sunday                               |
| AM  | PIYO Basketball Court Marissa              | BODYPUMP™<br>Basketball Court<br>Stacey |  | BODYPUMP™<br>Basketball Court<br>Gina            |                                      | *AII CLASSES REQUIRE SIGNUP*  YOU MAY SIGNUP ONLINE USING THE CLUB APP AS EARLY AS ONE WEEK PRIOR TO CLASS.  PLEASE DO NOT ARRIVE AT THE CLUB EARLIER THAN 10 MINUTES PRIOR TO YOUR CLASS RESERVATION. MASKS MUST BE WORN TO YOUR DESIGNATED SPOT AND THEN REMOVAL IS YOUR CHOICE DURING YOUR WORKOUT. HAND SANITIZING PRE AND POST CLASS IS MANDATORY! |                                      |
| 5:30  |  |   | CYCLEZONE 45<br>Court<br>Erin                |  | CYCLEJAM 60<br>Court<br>Erin         |   |                                      |
| 7:30 AM   |  |   | P90XLIVE<br>Basketball Court<br>Dianna       | RAISE THE BARRE Basektball Court Christine       | CIRCUITS Basketball Court Dianna     |   |                                      |
|   | CIRCUITS 30 Basketball Court Debbie        | TABATA 30<br>Basketball Court<br>Meg    | *CYCLEZONE 30* Court Debbie                  |  | CYCLECLASSIC 45 Court Eve            | CYCLEZONE 45 Court Rotation   |                                      |
| 8:00 AM   | CRAZY FOR BANDS 30 Basketball Court Debbie | Barre 30<br>Basketball Court<br>Meg     | BANDS 30<br>Court<br>Debbie                  |  |                                      | BODYPUMP™ 8:00am Basketball Court Brandon   | CYCLECLASSIC 60 Court Patty P        |
|   |  | PILATES Studio One Eve                  |  | POWERFUL YOGA Studio One Ann                     | *BARRE* Studio One Kathy             | KRIPALU YOGA Studio One Dave  |                                      |
| 8:30 AM   |  | CYCLEJAM 45 Court Christine             |  |  |                                      |   | P90X LIVE™ Basketball Court Liz/Lara |
| 9:30 AM   | PILATES Studio One Eve                     |   |  |  | FLOW YOGA<br>Studio One<br>Ann       | PILATES Studio One Kathy  | HATHA YOGA<br>Studio One<br>Jackie   |
|   | CYCLEJAM 45<br>Court<br>Sarah              |   | CYCLEJAM 30<br>Court<br>Susan                | CYCLECLASSIC 30 Court Carol                      | CYCLEZONE 45<br>Cycle Zone<br>Sarah  | CYCLEJAM 45<br>Cycle Zone<br>Ashley   |                                      |
|   |  | BODYPUMP™<br>Basketball Court<br>Debbie | CLASSIC MOVES Basketball Court Eve           | BODYPUMP™ Basketball Court Brian                 | PIYO Basketball Court Julie          | ZUMBA® Basketball Court Carol   |                                      |
| PM  | BODYPUMP™ Basketball Court Stacey          | ZUMBA® Basketball Court Carol           |  | BARRE FUSION<br>5:45 - 6:30 Studio One<br>Stacey |                                      | DEBBIE SIMPSON  |                                      |
| 00:9  | CYCLEJAM 45 Court Christine                |   | *CYCLEJAM 45*<br>Court<br>Ashley             |  |                                      |   |                                      |
| <b>≥</b>  |  |   |  |  |                                      | _   | cise Director ondackclub.com         |
| 6:30 P  |  |   |  |  |                                      | (508) 541-<br>STABA<br>FITNESS  | 1400 x205                            |
| PM  |  |   |  | BODYPUMP™ Basketball Court Brandon               |                                      | LESMILLS<br>BODYPUM   | P LIVE                               |
| 7:00  |  | YIN YOGA Studio One Dave                | CANDLE LIT<br>SLOW FLOW<br>Studio One<br>Ann | KRIPALU Studio One Dave                          |                                      | GRIT  | POSISION ROCKOUT.                    |
| POOL EXERCISE CLASSES   |  |   |  |  |                                      |   |                                      |
|   | Monday                                     | Tuesday                                 | Wednesday                                    | Thursday   | Friday                               | Saturday  | Sunday                               |
|   | HYDRO<br>7:00pm(Rec pool)<br>Sharon        | HYDRO<br>9:30am(Rec pool)<br>Donna      | HYDRO BOOTCAMP<br>9:30am (Rec pool)<br>Donna |  | HYDRO<br>9:30am (Rec Pool)<br>Sharon | HYDRO<br>9:30am (Rec Pool)<br>Julie/Liz   |                                      |
| To ensure product quality and member satisfacation, we closely monitor all classes and participation.   |  |   |  |  |                                      |   |                                      |
| Therefore, the Group Exercise Schedule is subject to change.  *****SCHEDULE SUBJECT TO CHANGE BASED ON DEMAND************************************ |  |   |  |  |                                      |   |                                      |
| SCHEDGEL SUBJECT TO CHANGE DAGED ON DEMAND  |  |   |  |  |                                      |   |                                      |