

McDermott Drive

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM Rise and Step Nini M McDermott Drive Group Exercise Room A	5:30 AM Rise and Ride Kristin C McDermott Drive Virtual Cycle Studio	5:45 AM Boxing Boot Camp Liz S McDermott Drive Group Exercise Room A	5:30 AM Rise and Ride Sharon M McDermott Drive Virtual Cycle Studio	5:45 AM Rise and Ride Liz S McDermott Drive Virtual Cycle Studio	7:30 AM Flow Yoga Nikki C McDermott Drive Group Exercise Room C	8:30 AM Step 45 Janine Z McDermott Drive Group Exercise Room B
6:00 AM Flow Yoga Nikki C McDermott Drive Group Exercise Room C	5:45 AM BodyPUMP Christine M McDermott Drive Group Exercise Room A	6:00 AM Flow Yoga Katie M McDermott Drive Group Exercise Room C	5:45 AM BodyPUMP Kristin C McDermott Drive Group Exercise Room A	6:00 AM KettleBell Nini M McDermott Drive Group Exercise Room B	7:30 AM Zumba Diana S McDermott Drive Group Exercise Room A	8:30 AM Flow Yoga 75 Adriana C McDermott Drive Group Exercise Room C
8:00 AM Core 15 McDermott Drive Group Exercise Room A	8:30 AM Stretch Horizons Kerry B McDermott Drive Group Exercise Room C	6:00 AM Step Mix McDermott Drive Group Exercise Room B	8:15 AM Cardio Ball Interval Liz S McDermott Drive Group Exercise Room A	6:00 AM Flow Yoga Adriana C McDermott Drive Group Exercise Room C	7:30 AM Rise and Ride Liz S McDermott Drive Virtual Cycle Studio	9:00 AM Cycle Sparky S McDermott Drive Virtual Cycle Studio
8:30 AM Pilates Barb I McDermott Drive Studio D	8:30 AM H2O Workout Maggie C McDermott Drive Exercise Pool	8:30 AM Zumba Ellen O McDermott Drive Group Exercise Room A	8:30 AM Cycle 45 Amy C McDermott Drive Virtual Cycle Studio	6:00 AM H.I.T. Sharon M McDermott Drive Group Exercise Room A	8:30 AM Bellydancing Grace W McDermott Drive Studio D	9:00 AM Boxing Boot Camp Donna Du McDermott Drive Group Exercise Room A
8:30 AM Cycle Circuit Christine S McDermott Drive Virtual Cycle Studio	8:40 AM Core 15 McDermott Drive Group Exercise Room A	8:30 AM Extreme Ride 45 Jeanette M McDermott Drive Virtual Cycle Studio	8:30 AM HydroLatin Heather W McDermott Drive Exercise Pool	8:30 AM Flow Yoga Adriana C McDermott Drive Group Exercise Room C	8:30 AM Body Bar Kristin C McDermott Drive Group Exercise Room B	9:15 AM Cardioblast 45 Janine Z McDermott Drive Group Exercise Room B
8:30 AM H2O Cardio Resistance Kerry B McDermott Drive Indoor Aquatics Center	9:00 AM BodyPUMP Barb I McDermott Drive Group Exercise Room B	8:30 AM H2O Cardio Resistance Sarah J McDermott Drive Indoor Aquatics Center	8:40 AM Core 15 McDermott Drive Studio D	8:30 AM H2O Cardio Resistance Heather W McDermott Drive Indoor Aquatics Center	8:30 AM Step Sprint Nini M McDermott Drive Group Exercise Room A	9:30 AM H2O Workout Kerry B McDermott Drive Exercise Pool
8:30 AM BodyPUMP Sarah J McDermott Drive Group Exercise Room A	9:00 AM Zumba Sarah C McDermott Drive Group Exercise Room A	8:30 AM Power Pilates Barb I McDermott Drive Studio D	9:00 AM BodyPUMP Ellen O McDermott Drive Group Exercise Room B	8:30 AM Body Bar Jeanette M McDermott Drive Group Exercise Room B	8:30 AM H2O Cardio Resistance Liz S McDermott Drive Indoor Aquatics Center	9:45 AM Meditation 45 Adriana C McDermott Drive Group Exercise Room C
9:00 AM Lean Conditioning Jennifer M McDermott Drive Group Exercise Room B	9:15 AM Step Mix Diane T McDermott Drive Court A	9:00 AM Lean Conditioning Liz S McDermott Drive Group Exercise Room B	9:00 AM Pilates Lite Donna Du McDermott Drive Studio D	9:00 AM Nia Christine S McDermott Drive Studio D	9:00 AM Flow Yoga 90 Kristen S McDermott Drive Group Exercise Room C	10:00 AM BodyPUMP Ellen R McDermott Drive Group Exercise Room A
9:30 AM H2O Workout Diane T McDermott Drive Exercise Pool	9:30 AM Cycle Liz S McDermott Drive Virtual Cycle Studio	9:30 AM BodyPUMP Barb I McDermott Drive Group Exercise Room A	9:00 AM Dance Party Sarah C McDermott Drive Court B	9:00 AM Step Nini M McDermott Drive Group Exercise Room A	9:00 AM Cycle Sparky S McDermott Drive Virtual Cycle Studio	10:15 AM KettleBell Anne D McDermott Drive Group Exercise Room B
9:30 AM Step Block Party Barb I McDermott Drive	9:30 AM H2O Cardio Deep Kerry B McDermott Drive	9:30 AM Cycle Diane T McDermott Drive	9:15 AM Boxing Boot Camp Diane T McDermott Drive	9:30 AM Cross Conditioning Diane T McDermott Drive	9:15 AM H.I.T. 45 Ellen R McDermott Drive	10:15 AM Cycle Kristin C McDermott Drive

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Group Exercise Room A	Exercise Pool	Virtual Cycle Studio	Group Exercise Room A	Court A	Group Exercise Room B	Virtual Cycle Studio
9:30 AM Cardio Ball Interval Lisa A McDermott Drive Court A	9:30 AM Lean Conditioning Tom T McDermott Drive Studio D	9:30 AM H2O Workout Sally A McDermott Drive Exercise Pool	9:30 AM H2O Cardio Deep Liz S McDermott Drive Exercise Pool	9:30 AM Cycle Anne D McDermott Drive Virtual Cycle Studio	9:30 AM Pilates Grace W McDermott Drive Studio D	11:00 AM Zumba Ellen O McDermott Drive Group Exercise Room A
9:30 AM Cycle Liz S McDermott Drive Virtual Cycle Studio	9:30 AM Flow Yoga 75 Christine S McDermott Drive Group Exercise Room C	9:30 AM Flow Yoga Janice T McDermott Drive Group Exercise Room C	9:30 AM Cycle Circuit Christine S McDermott Drive Virtual Cycle Studio	9:30 AM Zumba Kristie B McDermott Drive Group Exercise Room B	9:30 AM BodyPUMP Amy C McDermott Drive Group Exercise Room A	11:00 AM Power Pilates Sarah J McDermott Drive Group Exercise Room C
9:30 AM Flow Yoga 75 Cheryl B McDermott Drive Group Exercise Room C	10:00 AM Body Bar Nini M McDermott Drive Group Exercise Room B	9:30 AM Pilates Lisa A McDermott Drive Studio D	9:30 AM Flow Yoga 75 Janice T McDermott Drive Group Exercise Room C	9:30 AM HydroLatin Sarah J McDermott Drive Exercise Pool	9:30 AM H2O Workout Cheryl L McDermott Drive Exercise Pool	11:30 AM Family Fitness Ellen R McDermott Drive Adventure Central
10:00 AM Step Mix Lite Sarah J McDermott Drive Studio D	10:00 AM Dance Party Sarah C McDermott Drive Group Exercise Room A	10:00 AM H.I.T. Kristie B McDermott Drive Group Exercise Room B	10:00 AM Outdoor H.I.T Janine Z McDermott Drive Fitness	9:45 AM Pilates Donna Du McDermott Drive Group Exercise Room C	10:00 AM Step lite Ellen R McDermott Drive Group Exercise Room B	
10:00 AM KettleBell Janine Z McDermott Drive Group Exercise Room B	10:15 AM H.I.T. Amy C McDermott Drive Court B	10:30 AM H2O Core and More Sally A McDermott Drive Warm Water Pool	10:15 AM Step Mix Nini M McDermott Drive Group Exercise Room A	10:00 AM Lean Conditioning Jennifer Ma McDermott Drive Group Exercise Room A	10:15 AM Extreme Ride Jim M McDermott Drive Virtual Cycle Studio	
10:30 AM H2O Core and More Liz S McDermott Drive Warm Water Pool	11:00 AM Boxing Boot Camp Liz S McDermott Drive Group Exercise Room A	10:30 AM Kettlebell Mix Nini M McDermott Drive Group Exercise Room A	10:30 AM Lean Conditioning Tom T McDermott Drive Group Exercise Room B	10:30 AM BodyPUMP Sharon Z McDermott Drive Group Exercise Room B	10:30 AM Stationary yoga Kristen S McDermott Drive Group Exercise Room C	
10:30 AM BodyPUMP Kristin C McDermott Drive Group Exercise Room A	11:00 AM Stationary yoga Janice T McDermott Drive Group Exercise Room C	11:00 AM Yoga Lite Katie M McDermott Drive Group Exercise Room C	10:45 AM Pre/Post Natal Yoga Christine S McDermott Drive Group Exercise Room C	10:30 AM H2O Core and More Christine S McDermott Drive Warm Water Pool	10:30 AM Zumba Sarah J McDermott Drive Group Exercise Room A	
11:00 AM Yoga Lite Katie M McDermott Drive Group Exercise Room C	11:15 AM "30" Nini M McDermott Drive Group Exercise Room B	11:15 AM Hydro Low Sally A McDermott Drive Warm Water Pool	12:00 PM Fit Over Fifty (S.O.S.) Barb I McDermott Drive Group Exercise Room A	11:00 AM Gentle Yoga Donna Du McDermott Drive Group Exercise Room C	11:00 AM BodyPUMP Ellen R McDermott Drive Group Exercise Room B	
11:15 AM Hydro Low Donna Du McDermott Drive Warm Water Pool	12:00 PM Zumba lite Ellen O McDermott Drive Group Exercise Room A	12:00 PM H2O Yoga Christine S McDermott Drive Warm Water Pool	12:00 PM Hydro Low Heather W McDermott Drive Warm Water Pool	11:15 AM Hydro Low Patti P McDermott Drive Warm Water Pool	11:30 AM Lean Conditioning Liz S McDermott Drive Group Exercise Room A	
12:00 PM Fit Over Fifty (S.O.S.) Donna Du McDermott Drive Group Exercise Room A	12:00 PM Balance Kerry B McDermott Drive Group Exercise Room B	12:00 PM Fit Over Fifty (S.O.S.) Heather W McDermott Drive Group Exercise Room A	1:00 PM Zumba lite Ellen O McDermott Drive Group Exercise Room A	12:00 PM Fit Over Fifty (S.O.S.) Donna Du McDermott Drive Group Exercise Room B	11:45 AM Gentle Yoga Sarah J McDermott Drive Group Exercise Room C	

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:00 PM Feelin Fit with MS Kerry B McDermott Drive Exercise Pool ----- 1:00 PM BodyPUMP Ellen O McDermott Drive Group Exercise Room A ----- 1:00 PM H2O Cardio Deep Kerry B McDermott Drive Exercise Pool ----- 1:00 PM Chair Yoga ----- McDermott Drive Group Exercise Room C ----- 1:45 PM Arthritis Foundation Aquatic Program Donna Du McDermott Drive Warm Water Pool ----- 4:30 PM BodyPUMP Amy C McDermott Drive Group Exercise Room A ----- 5:00 PM Yoga Lite Cheryl B McDermott Drive Group Exercise Room C ----- 5:00 PM "30" Kristie B McDermott Drive Group Exercise Room B ----- 5:00 PM yogalates Christina J McDermott Drive Studio D ----- 5:30 PM Step Kristie B McDermott Drive Group Exercise Room B ----- 5:30 PM Arthritis Foundation Aquatic Program	1:00 PM Arthritis Foundation Ex Class Kerry B McDermott Drive Group Exercise Room B ----- 1:00 PM H2O Cardio Resistance Lite Liz S McDermott Drive Indoor Aquatics Center ----- 1:45 PM Arthritis Foundation Aquatic Program Liz S McDermott Drive Warm Water Pool ----- 4:30 PM H2O Ripped Anne D McDermott Drive Indoor Aquatics Center ----- 5:00 PM Pilates Lisa A McDermott Drive Group Exercise Room C ----- 5:00 PM Cycle 45 Jim M McDermott Drive Virtual Cycle Studio ----- 5:00 PM Cardio Blast! Ellen R McDermott Drive Group Exercise Room A ----- 5:30 PM BodyPUMP Grace W McDermott Drive Group Exercise Room B ----- 5:40 PM Core 15 ----- McDermott Drive Studio D ----- 6:00 PM Foundations of Yoga Christine S McDermott Drive Group Exercise Room C ----- 6:00 PM Boxing Boot Camp	12:00 PM Tai Chi/Qi Gong Tom T McDermott Drive Studio D ----- 1:00 PM BodyPUMP Nini M McDermott Drive Group Exercise Room A ----- 1:00 PM H2O Workout Christine S McDermott Drive Exercise Pool ----- 1:45 PM Arthritis Foundation Aquatic Program Donna Du McDermott Drive Warm Water Pool ----- 4:15 PM Tween Splash Anne D McDermott Drive Exercise Pool ----- 4:30 PM Zumba Aileen B McDermott Drive Group Exercise Room A ----- 5:00 PM Core 15 ----- McDermott Drive Group Exercise Room B ----- 5:30 PM Arthritis Foundation Aquatic Program Sarah J McDermott Drive Warm Water Pool ----- 5:30 PM Step Sharon M McDermott Drive Group Exercise Room B ----- 5:30 PM KettleBell Anne D McDermott Drive Group Exercise Room A ----- 5:30 PM Pilates	1:00 PM Balance Donna Du McDermott Drive Group Exercise Room B ----- 1:00 PM H2O Cardio Resistance Lite Heather W McDermott Drive Indoor Aquatics Center ----- 1:45 PM Arthritis Foundation Aquatic Program Heather W McDermott Drive Warm Water Pool ----- 4:30 PM tween cross conditioning Anne D McDermott Drive Group Exercise Room B ----- 4:30 PM H2O Workout Kerry B McDermott Drive Exercise Pool ----- 4:30 PM Body PUMP 45 Amy C McDermott Drive Group Exercise Room A ----- 5:00 PM Stationary yoga Diana S McDermott Drive Group Exercise Room C ----- 5:15 PM Core 15 Amy C McDermott Drive Group Exercise Room A ----- 5:30 PM Cycle Jim M McDermott Drive Virtual Cycle Studio ----- 5:30 PM Zumba Karen H McDermott Drive Group Exercise Room B ----- 5:30 PM Step	12:00 PM Fluid Ballet Patti P McDermott Drive Warm Water Pool ----- 1:00 PM Zumba Ellen O McDermott Drive Group Exercise Room A ----- 1:00 PM H2O Workout Donna Du McDermott Drive Exercise Pool ----- 5:30 PM Zumba Kristin P McDermott Drive Group Exercise Room A ----- 5:30 PM Cycle 45 Liz S McDermott Drive Virtual Cycle Studio ----- 5:30 PM BodyPUMP Sparky S McDermott Drive Group Exercise Room B	12:00 PM KettleBell Anne D McDermott Drive Group Exercise Room B ----- 1:00 PM Family Yoga Sarah J McDermott Drive Group Exercise Room C	

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Cheryl L McDermott Drive Warm Water Pool</p> <hr/> <p>5:30 PM Zumba Express Kim S McDermott Drive Group Exercise Room A</p> <hr/> <p>6:00 PM Nia Christine S McDermott Drive Studio D</p> <hr/> <p>6:00 PM Flow Yoga Cheryl B McDermott Drive Group Exercise Room C</p> <hr/> <p>6:00 PM Have No Fear Cycle Anne D McDermott Drive Virtual Cycle Studio</p> <hr/> <p>6:15 PM H2O Workout Heather W McDermott Drive Exercise Pool</p> <hr/> <p>6:30 PM Body Bar Jeanette M McDermott Drive Group Exercise Room A</p> <hr/> <p>6:30 PM Bells & Bosu Donna Du McDermott Drive Group Exercise Room B</p> <hr/>	<p>Diane T McDermott Drive Group Exercise Room A</p> <hr/> <p>6:00 PM Cycle Sparky S McDermott Drive Virtual Cycle Studio</p> <hr/> <p>6:30 PM Lean Conditioning Tom T McDermott Drive Group Exercise Room B</p> <hr/> <p>7:00 PM Flow Yoga Christine S McDermott Drive Group Exercise Room C</p> <hr/> <p>7:00 PM Zumba Jenna C McDermott Drive Group Exercise Room A</p> <hr/>	<p>Barb I McDermott Drive Group Exercise Room C</p> <hr/> <p>6:00 PM Cycle Sparky S McDermott Drive Virtual Cycle Studio</p> <hr/> <p>6:00 PM Nia Patti P McDermott Drive Studio D</p> <hr/> <p>6:00 PM Adult Ballet</p> <hr/> <p>McDermott Drive Adventure Central</p> <hr/> <p>6:15 PM HydroLatin Heather W McDermott Drive Exercise Pool</p> <hr/> <p>6:30 PM Flow Yoga 75 Adriana C McDermott Drive Group Exercise Room C</p> <hr/> <p>6:30 PM H.I.T. Janine Z McDermott Drive Group Exercise Room A</p> <hr/> <p>6:30 PM BodyPUMP Stacie F McDermott Drive Group Exercise Room B</p> <hr/> <p>7:30 PM Step lite Ellen R McDermott Drive Group Exercise Room B</p> <hr/>	<p>Barb I McDermott Drive Group Exercise Room A</p> <hr/> <p>6:00 PM H2O Ripped Anne D McDermott Drive Indoor Aquatics Center</p> <hr/> <p>6:00 PM Flow Yoga Adriana C McDermott Drive Group Exercise Room C</p> <hr/> <p>6:30 PM BodyPUMP Grace W McDermott Drive Group Exercise Room B</p> <hr/> <p>6:30 PM Cross Conditioning Kristin P McDermott Drive Group Exercise Room A</p> <hr/> <p>7:00 PM Yoga Lite Adriana C McDermott Drive Group Exercise Room C</p> <hr/>			