

GROUP EXERCISE CLASS SCHEDULE - AUGUST 2021

| Monday | | | | Tuesday | | | | Wednesday | | | |
|--|---|--|--|---|--|--|--|-----------|--|--|--|
| 5:15am Wake Up Call Charles Gym 5:30am Cycling Rowan 3A 8:30am Zumba Patty 3C 8:30am Cardio/Strength Interval Audrey 2A 9:30am Heart Moves Audrey 2A 9:30am Body Flow Kim 3C 12:00pm S.O.A.R. Jan 3C 12:00pm Body Pump Kim 2A 12:00pm Bootcamp Travis R 4:15pm Body Pump Dana 2A 4:30pm Yoga Flow Allison 3C 5:30pm Body Pump Dana 2A | 8:30am Core & Stretch Dana 2A 8:30am Step & Tone Audrey 3C 9:30am Body Pump Audrey 2A 9:30am Zumba Gold Patty 3C 10:45am Heartmoves - CB Audrey 3C 12:00pm Cycle Express Jason 3A 4:30pm Zumba Kim 2A 4:30pm S.O.A.R. Jan 3C 5:30pm Body Flow Kim 2A 5:30pm Black Light Cycling Allison 3A | 5:15am Wake Up Call Charles Gym 5:30am Cycling Rowan 3A 8:30am Zumba Patty 3C 8:30am Cardio/Strength Interval Audrey 2A 8:30am Bootcamp Charles R 9:30am Heart Moves Audrey 2A 9:30am Body Flow Kim 3C 12:00pm Bootcamp Travis R 12:00pm Body Pump Dana 2A 4:15pm Body Pump Kim 2A 5:30pm Body Pump Jan 2A 5:30pm Zumba Kim 3C 6:30pm Yoga Flow Allison 2A | | | | | | | | | |
| Thursday | | | | Friday | | | | Saturday | | | |
| 8:30am Core & Stretch Dana 2A 8:30am Rebounding Audrey 3C 9:30am Body Pump Audrey 2A 9:30am Zumba Gold Patty 3C 4:30pm Rebounding Jan 3C 5:30pm T.E.A.M Jan 3C 5:30pm Black Light Cycling Hadley 3A | 8:30am Zumba Patty 3C 8:30am Body Pump Audrey 2A 8:30am Bootcamp Charles R 9:30am Heart Moves Audrey 2A 12:00pm Cycle Express Jason 3A 12:00pm Bootcamp Travis R | 8:00am Strong by Zumba-HITT Kim 3C 8:30am Cycling Hadley 3A 9:00am Body Pump Staff 2A 10:00am Body Flow Patty 3C | | | | | | | | | |
| | | | | | | | | Sunday | | | |
| | | | | <div style="border: 1px solid black; padding: 10px; margin: 10px auto; width: 80%;"> <p style="text-align: center;"><u>IMPORTANT INFORMATION</u></p> <p style="text-align: center;">It is strongly recommended that you register for all classes through the Healthpark App or online to ensure your space in class.</p> <p style="text-align: center;">Cycle Express is a 30 minute class.</p> <p style="text-align: center;">Questions about Tai Chi, please inquire at the front desk!</p> </div> | | | | | | | |

Class Location Key

[G] - Gymnasium
 [2A]- 2nd Floor Aerobics Studio
 [3C]- 3rd Floor Aerobics Studio
 [3A]- 3rd Floor Cycling Studio
 [R]- Rogue Room 1st Floor by Parisi Speed School training area.

Fitness Center Hours of Operation

Monday - Thursday 5:00am-10:00pm
 Friday 5:00am-8:00pm
 Saturday 7:00am-7:00pm
 Sunday 12:00pm-8:00pm



Owensboro Health
Healthpark