

Meridian Ranch Rec Center

Group Ex Schedule

MONDAY

5:30am Bootcamp - Sharra
7:00am Yoga - Penelope
8:00am AOA Pilates - Michelle
9:00am AOA Splash - Michelle
9:00am Kettlebells Total Body - Sharra
9:00am TRX - Chantell
5:00pm Zumba Toning - Tracy
6:15pm Yoga - Tracy

TUESDAY

6:00am Spin - Penelope
7:00am TRX - Penelope
8:30am Yoga - Kaylie
9:00am Cardio Strength - Elena
10:00am Zumba - Lori
5:00pm Zumba - Tracy
6:00pm Total Body - Sharra
6:15pm Yoga - Tracy

WEDNESDAY

5:30am Cardio Strength - Elena
6:00am Spin - Penelope
7:00am Sunrise Yoga - Penelope
9:00am Kettlebell Flow - Sharra
9:00am Water Aerobics - Michelle
10:00am Butts and Guts - Sharra
11:00am Senior Strength
12:00pm Chair Yoga - Tracy

THURSDAY

6:00am Spin - Penelope
9:00am Pilates - Chantell
9:00am Spin - Elena
7:00am TRX - Penelope
5:00pm Zumba - Tracy
6:15pm Yoga - Tracy

FRIDAY

5:30am Boot Camp - Sharra
8:00am AOA Pilates - Michelle
9:00am Water Ex HIIT - Michelle
9:00am Zumba - Lori
9:00am Pilates - Chantell
10:00am Fly Swatter Volleyball

SATURDAY

10:00am Yoga - Kaylie

FOR MORE CLASS INFORMATION PLEASE VISIT

MERIDIANSERVICE.ORG

