






























Nomad Group Fitness Schedule

Group Fitness Studio	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	5:30am			Athletic Conditioning Cassie					
	7:00am						8:00am		
	8:30am	Yoga Tamyra				Super Core Cheri	8:30am	Zumba Idalisse	
	8:45am			Abs & Glutes Cheri					
	9:00am		Super Core Cheri			Super Stretch Cheri	9:00am		
	9:30am	Zumba Elise					9:30am		
	10:30am				Cardio Dance Elise		10:30am		
	11:30am			Yoga Cheri			11:30am		
	4:30pm	Kids Zumba Elise					4:00pm		
	5:30pm						5:00pm		
	6:30pm		Zumba Idalisse		Zumba Elise		6:00pm		
	7:30pm	Hip Hop Elise		Cardio Dance Elise			7:00pm		

Pool Side Studio	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	5:45am						6.00am		
	6:00am								
	8:30am				Athletic Conditioning Cassie		7.00am		
	9:00am						8:00am		
	9:00am		Silver Sneakers		Silver Sneakers		8.30am		
	9.30am						9.30am		
	10.30am						10.00am		
	11.00am						11.00am		
	1:30pm						1:30pm		
	4.00pm						4.00pm		
	5.30pm				Recess Revolution Cassie		5.00pm		
	6.30pm						6.00pm		
7.30pm						7.00pm			