



# COMMON FENCE POINT GROUPX STUDIO

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8AM		8:15- 9:30am BODY PUMP					8:00am BODY PUMP
9AM	9AM ZUMBA	9:30AM ZUMBA GOLD	9AM GENTLE YOGA	9AM ZUMBA	9AM ZUMBA	9:15AM ZUMBA	9AM ZUMBA
10AM							
11AM							
12PM							
1PM					1PM CHAIR YOGA		
2PM							
3PM							
5PM		5:30PM ZUMBA	5PM CARDIO AND STRENGTH				
6PM			6PM ZUMBA		6PM ZUMBA		
7PM							

The above classes are free to YMCA members, Non-YMCA members are very welcome to walk-in.