

# SALEM FITNESS CENTER

## Group Exercise Schedule

Effective 10/6/2017

<b>DAY</b>	<b>TIME</b>	<b>CLASS</b>	<b>INSTRUCTOR</b>
M	8:30-9:30am	Cardio Kick/Core Conditioning	Shari
O	8:30-9:30am	*Pump Spin	Marcy
N	9:30-10:30am	Pilates	Deb E.
D	4:15-5:00pm	Muscle Conditioning	Kim
A	5:00-5:55pm	Strong By Zumba	Jess
Y	6:15-7:15pm	*Spinning	Tinia
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T			
U	8:00-9:00am	Muscle Conditioning	Patti
E	9:00-10:00am	Dance Fusion	Patti
S	10:00-11:00am	Yoga Flow	Marilyn
D	5:00-5:45pm	Cardio/Muscle Combo	Shannon
A	5:45-6:30pm	*Spinning	Marcy
Y	6:00-6:45pm	Zumba	Deb G.
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W			
E	8:00-9:00am	Cross Training	Patti
D	8:30-9:15am	*Spinning	Nadine
N	9:00-9:45am	Zumba	Deb G.
E	10:00-10:45am	Muscle Conditioning	Kim
S	4:30-5:15pm	Total Body Sculpt	Jess
D	5:15-6:15pm	Cardio Dance Party	Jess
A			
Y			
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T	5:30-6:15am	*Spinning	Marcy
H	7:00-8:00am	Muscle Conditioning	Patti
U	8:00-9:00am	Dance Fusion	Patti
R	9:00-10:00am	Zumba/Muscle	Jess
S	10:00-11:00am	Prana Yoga	Christina
D	5:30-6:30pm	Zumba	Jess
A	6:30-7:15pm	Tabata	Jess
Y			
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F	8:00-9:00am	Pilates	Shannon
R	9:00-10:00am	Cardio Kick/Muscle Toning	Shari
I	5:00-5:45pm	Basic Step/Strong By Zumba	Jess
	6:00-7:00pm	TGIF Yoga	Marilyn
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S	7:30-8:30am	*Spinning	Tinia
A	8:30-9:30am	Cardio Kick Box	Shari
T	9:30-10:30am	Pilates	Shannon/ Deb E.
	10:30-11:30am	Cardio Dance Party	Jess
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S	8:30-9:30am	Yoga/Pilates	Lauren/Deb E.
U	8:00-9:00am	*Spinning	Marcy
N	9:30-10:30am	Muscle Conditioning	Shannon

\*Ticket Required to take this Class-Tickets given out one hour before class starts\*  
NO MEMBER WILL BE ALLOWED TO ENTER 10 MINUTES AFTER CLASS STARTS  
No Cell Phones

