

Empowered Wellness Group Fitness Schedule: Summer 2016 (June 13 - September 5)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					7:30 – 8:30 Saturday Strength Emily	
	5:30 – 6:30 HIIT/Core Emily	5:30 – 6:30 PiYo Nicole	5:30 – 6:30 HIIT/Core Emily		8:30 – 9:30 Zumba Rotation	
9:30 – 10:30 Zumba Amy	9:30 – 10:30 Dance Club Jaime	8:45-9:30 Zumba Nicole	9:30 – 10:30 Dance Club Emily	9:30 – 10:30 Zumba Amy	9:30 – 10:30 Yoga for Stress & Anxiety Rotation	9:30 - 10:30 Dance HIIT Jaime
		9:30-10:15 Beginner Yoga Nicole				
4:30 – 5:30 Strength Caitlin	4:30 - 5:30 Vinyasa Flow Yoga Nicole	4:30 - 5:30 Zumba Justine	4:30 - 5:30 Hip Hop Emily			
5:30 - 7:00 Zumba on the Plaza EWFS Staff (& others) *Off-site class at Peace Plaza in downtown Rochester	5:30 - 6:00 Core Emily	5:30 - 6:00 Core Justine	5:30 - 6:00 Core Jaime			
	6:00 - 7:00 Hip Hop Emily	6:00 - 7:00 Dance Club Leslie	6:00 - 7:00 Zumba Jaime			
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