# 2018 Programs Weekly Schedule

**Location:** Vernon RM, 202, Fitness Room, Gym, Timmons, GameRoom, Dojo, Conference Room

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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</thead>
<tbody>
<tr>
<td>Spinning</td>
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<td>Spinning</td>
<td></td>
<td>Aqua Zumba</td>
<td>Spinning</td>
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<tr>
<td>8:00-9:00 AM</td>
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<td>8:00-9:00 AM</td>
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<td>9:00-10:00 AM</td>
<td>10:15-11:15 AM</td>
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<tr>
<td>Water Aerobics</td>
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<td>Water Aerobics</td>
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<td>9:00-10:00 AM</td>
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<td>9:00-10:00 AM</td>
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<tr>
<td>Boot Camp</td>
<td>Body &amp; Soul</td>
<td>Boot Camp</td>
<td>Body &amp; Soul</td>
<td>Boot Camp</td>
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<tr>
<td>10:00-11:00 AM</td>
<td>10:00-11:00 AM</td>
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<td>10:00-11:00 AM</td>
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<tr>
<td>Abs &amp; Glutes</td>
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<td>Line Dance</td>
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<td>Abs &amp; Glutes</td>
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<tr>
<td>6:00-6:45 PM</td>
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<td>1:30PM-3:30 AM</td>
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<td>6:00-6:45 PM</td>
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<td>Chair Yoga</td>
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<td>11:00-12:00 PM</td>
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**Note:** The schedule is subject to change and should be confirmed directly with the facility.