



**NEW  
WINTER SCHEDULE**



**GROUP EXERCISE SCHEDULE - EFFECTIVE DECEMBER 14, 2020**

| <u>DAY</u> | <u>TIME</u> | <u>CLASS</u>                | <u>LENGTH</u> | <u>LOCATION</u> |
|------------|-------------|-----------------------------|---------------|-----------------|
| MONDAY     | 10:00AM     | CYCLE                       | 45 MIN        | AEROBICS        |
|            | 11:00AM     | YOGA                        | 45 MIN        | AEROBICS        |
| TUESDAY    | 6:00AM      | CYCLE                       | 45 MIN        | AEROBICS        |
|            | 9:00AM      | HIT(High Interval Training) | 45 MIN        | AEROBICS        |
|            | 10:00am     | 30 MINUTE ABS               | 30 MIN        | AEROBICS        |
|            | 12:00PM     | WATER AEROBICS              | 1 HR          | LAP POOL        |
| WEDNESDAY  | 10:00AM     | CYCLE                       | 45 MIN        | AEROBICS        |
|            | 11:00AM     | SENIOR STRENGTH             | 45 MIN        | AEROBICS        |
|            | 12:00PM     | WATER AEROBICS              | 1 HR          | LAP POOL        |
|            | 6:00PM      | CYCLE                       | 45 MIN        | AEROBICS        |
| THURSDAY   | 10:00AM     | TONING                      | 45 MIN        | AEROBICS        |
|            | 12:00PM     | WATER AEROBICS              | 1HR           | LAP POOL        |
| FRIDAY     | 10:00AM     | FULL BODY WORKOUT           | 45 MIN        | AEROBICS        |
|            | 11:00AM     | YOGA                        | 45 MIN        | AEROBICS        |
| SUNDAY     | 11:00AM     | YOGA                        | 45 MIN        | AEROBICS        |

**Registration is REQUIRED for ALL Classes and May be Made through the ClubLife App or the ELW Website. May be Made Up to 48 Hours in Advance.**

**FITNESS CENTER HOURS - Workout Sessions By Reservation Only, Through ClubLife App Or the ELW Website. May be Made Up to 7 Days In Advance**

- Monday: AM Session 6am to 12pm
- Tuesday - Friday: AM Session 6am to 12pm  
PM Session 4pm to 8pm
- Saturday & Sunday: AM Session 7am to 12pm  
PM Session 4pm to 7pm

**Questions? Contact Athletic Director, Tanya Carden, [tanya.carden@clubcorp.com](mailto:tanya.carden@clubcorp.com)**