






























Nomad Group Fitness Schedule

Group Fitness Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
5:30am			Athletic Conditioning Cassie					
7:00am						8:00am		
8:30am	Yoga Tamyra				Super Core Cheri	8:30am	Zumba Idalisse	
8:45am			Abs & Glutes Cheri					
9:00am		Super Core Cheri			Super Stretch Cheri	9:00am		
9:30am	Zumba Elise					9:30am		
10:30am				Funky Fit Vaneka		10:30am		
11:30am			Yoga Cheri			11:30am		
4:30pm	Kids Zumba Elise					4:00pm		
5:30pm						5:00pm		
6:30pm		Funky Fit Vaneka		Zumba Elise		6:00pm		
7:30pm	Hip Hop Elise	Zumba Idalisse	Hip Hop Elise			7:00pm		

Pool Side Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
5:45am						6.00am		
6:00am								
8:30am				Athletic Conditioning Cassie		7.00am		
9:00am						8:00am		
9:00am						8.30am		
9.30am		Silver Sneakers Joan		Silver Sneakers Joan		9.30am		
10.00am						10.00am		
11.00am						11.00am		
1:30pm						1:30pm		
4.00pm						4.00pm		
5.30pm				Recess Revolution Cassie		5.00pm		
6.30pm						6.00pm		
7.30pm						7.00pm		