

# GROUP EXERCISE SCHEDULE



CAMBRIDGE  
FITNESS

Brier Creek

OPTIMAL HEALTH.  
OPTIMAL LIVING.

	MON	TUES	WED	THURS	FRI	SAT	SUN
7:00 A	<b>Spin</b> SPIN STUDIO		<b>Spin</b> SPIN STUDIO		<b>Spin</b> SPIN STUDIO		
8:00 A							
9:00 A	<b>Strength</b> GROUP EXERCISE STUDIO	<b>Strength</b> GROUP EXERCISE STUDIO	<b>Strength</b> GROUP EXERCISE STUDIO	<b>Strength</b> GROUP EXERCISE STUDIO	<b>Strength</b> GROUP EXERCISE STUDIO	<b>Spin</b> SPIN STUDIO	
	<b>Aqua</b> AEROBICS POOL	<b>Aqua</b> AEROBICS POOL	<b>Aqua</b> AEROBICS POOL	<b>Aqua</b> AEROBICS POOL	<b>Aqua</b> AEROBICS POOL		
10:00A	<b>Balance</b> GROUP EXERCISE STUDIO	<b>Tai Chi</b> GROUP EXERCISE STUDIO	<b>Balance</b> GROUP EXERCISE STUDIO	<b>Tai Chi</b> GROUP EXERCISE STUDIO			<b>Spin</b> SPIN STUDIO
11:00 A	<b>Mat Yoga</b> GROUP EXERCISE STUDIO	<b>Aqua</b> AEROBICS POOL	<b>Mat Yoga</b> GROUP EXERCISE STUDIO	<b>Aqua</b> AEROBICS POOL	<b>Mat Yoga</b> GROUP EXERCISE STUDIO	<b>Aqua</b> AEROBICS POOL	
1:00 P							
2:00 P		<b>Chair Yoga</b> GROUP EXERCISE STUDIO	<b>TB Strength</b> GROUP EXERCISE STUDIO	<b>Chair Yoga</b> GROUP EXERCISE STUDIO	<b>TB Strength</b> GROUP EXERCISE STUDIO		<b>Yoga</b> GROUP EXERCISE STUDIO
3:00 P	<b>Joints in Motion</b> GROUP EXERCISE STUDIO	<b>Balance</b> GROUP EXERCISE STUDIO	<b>Joints in Motion</b> GROUP EXERCISE STUDIO	<b>Balance</b> GROUP EXERCISE STUDIO	<b>Joints in Motion</b> GROUP EXERCISE STUDIO		
4:00 P							
5:00 P							
6:00 P		<b>Spin</b> SPIN STUDIO		<b>Spin</b> SPIN STUDIO			



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## **RESERVATIONS REQUIRED for Free Swim & All Group Exercise classes.**

*(919) 000-0000 (72 hour in advance max notice)*

*Hot Tub limited to 4 people at a time*

### **MAX PARTICIPANTS**

**Land Class / 12 people**

**Water Aerobics / 20 people**

**Free Swim / 6 people**

### **ONLINE RESERVATIONS**

**Wellness Living Achieve App**

**Call (919) 000-0000 (Front Desk) to set up a login**

## **FREE SWIM TIME SLOTS**

*\*LOCKER ROOM DOORS LOCK TO POOL AT 7PM TO ALLOW FOR PROPER CLEANING*

**MONDAY** 6:15AM, 7AM, 11AM, 12PM, 1PM, 2PM, 3PM, 4PM, 5PM, 6PM

**TUESDAY** 6:15AM, 7AM, 11AM, 12PM, 1PM, 2PM, 4PM, 5PM, 6PM

**WEDNESDAY** 6:15AM, 7AM, 11AM, 12PM, 1PM, 2PM, 3PM, 4PM, 5PM, 6PM

**THURSDAY** 6:15AM, 7AM, 11AM, 12PM, 1PM, 2PM, 4PM, 5PM, 6PM

**FRIDAY** 6:15AM, 7AM, 11AM, 12PM, 1PM, 2PM, 3PM, 4PM, 5PM, 6PM

**SATURDAY** 7AM, 8AM, 9AM, 10AM, 11AM, 12PM, 1PM, 2PM, 3PM, 4PM, 5PM, 6PM

**SUNDAY** 7AM, 8AM, 9AM, 10AM, 11AM, 12PM, 1PM, 2PM, 3PM, 4PM, 5PM, 6PM