

<b>Winsted Group Exercise Schedule</b>	
Monday	
6:15 AM	Strength Circuit
10:30 AM	Dynamic Yoga
6:00 PM	20/20/20
Tuesday	
9:00 AM	Step & Stretch
10:30 AM	Silver Sneakers
6:00 PM	Step it Up
Wednesday	
9:00 AM	TBC II
6:00 PM	HI-LO
Thursday	
9:15 AM	Step & Stretch
10:30 AM	Silver Sneakers
6:00 PM	Step it Up
Friday	
9:00 AM	Strength Circuit
10:30 AM	Gentle Yoga

© denotes indoor group cycling class

All classes 60 min unless noted

\* 30 min class      \*\* 45 min class

\*\*\* 90 min class