

# Fairgrounds Group Ex Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Fairgrounds Y Outside</b> 8:00 – 9:00 AM Enhance Fitness Instructor: Michelle	<b>Fairgrounds Y Outside</b> 9:00 AM–10:00 AM Tabata Instructor: Marci	<b>Fairgrounds Y Outside</b> 8:00 – 9:00 AM Enhance Fitness Instructor: Laurie	<b>Fairgrounds Y Group Ex Room</b> 11:15 AM–12:15 PM Silver Sneakers Instructor: Laurie	<b>Fairgrounds Y Outside</b> 8:00 – 9:00 AM Enhance Fitness Instructor: Michelle
<b>Fairgrounds Y Conference Room</b> 9:00 – 10:00 AM Spin Instructor: Laura	<b>Fairgrounds Y Group Ex Room</b> 11:15 AM–12:15 PM Silver Sneakers Instructor: Laurie	<b>Fairgrounds Y Conference Room</b> 9:00 – 10:00 AM Spin Instructor: Marci		<b>Fairgrounds Y Group Ex Room</b> 12:45 PM–2:45 PM Balance Boxing Instructor: Mike
	<b>Fairgrounds Y Group Ex Room</b> 12:45 PM–2:45 PM Balance Boxing Instructor: Mike			