



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FITNESS CLASS SCHEDULE

JANUARY 2 – APRIL 21; PAGE 1 – MORNING CLASSES

Classes marked with an “**” indicate Specialty Classes, requiring registration. See class description sheet for more information.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-6:15 am Step Laura 1,2,3	5:30-6:15 am Body Solid Laura 1,2,3		5:30-6:15 am Body Solid Laura 1,2,3	5:30-6:15 am Step and Strength Chimene 1,2,3	7:30-8:15 am Body Solid Staff Rotation 1,2,3
	8:00-8:55 am SS Muscular Strength Rachel 1,2,3	8:00-8:55 am SS Cardio Circuit Rachel 1,2,3	8:00-8:55 am SS Muscular Strength Rachel 1,2,3	6:15-7:00 am Indoor Cycling* Amber A. 2, 3	8:00-8:45am TRX* Janel 2, 3
9:00-9:45am TRX Intro* Janel 1,2	9:00-9:55 am Yoga* Stacy W 1,2,3	9:00-9:55 am Totally Toned Rebecca 1,2,3	9:00-9:45 am Pilates* Stacy W 1,2,3	9:00-9:55 am Totally Toned Rebecca 1,2,3	9:15-10:10 am Zumba Not held every Saturday – see website. Staff Rotation 1,2,3
9:00-9:45am TRX* Stacy 2, 3	9:00-9:30am Laughter Session* Joann 1	9:00-9:45 am Indoor Cycling* Becky 2, 3	9:00-9:30am Laughter Session* Joann 1	10:00-10:25am Core Movement Rebecca 1,2,3	
9:00-9:45am Indoor Cycling* Stacy 2, 3		9:00-9:45 am TRX Intro* Janel 1,2			
9:15-10:00 am SS Yoga Stretch Rebecca 1,2,3		9:00-9:45 am TRX* Becky 2, 3			
9:50-10:20 am Intro to Kettlebell* Stacy 1,2					
9:50-10:20 am Kettlebell* Stacy 1,2,3					
10:05-11:00 am Totally Toned Rebecca 1,2,3	10:00-11:00 pm What to do, what to eat?* Becky 1, 2		11:00-11:45am Fitness Friends* Joann 1		
	11:00-11:45am Fitness Friends* Joann 1				

***Specialty Group Exercise Class:** requires registration. Specialty classes are held in 4 to 6 week sessions and may not run at the dates/times specified above every week. See current program guide for session dates and times.

All fitness classes are ranked with the following levels: 1=Beginners, 2=Intermediate, 3=Advanced.



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FITNESS CLASS SCHEDULE

JANUARY 2 – APRIL 21; PAGE 1 – AFTERNOON / EVENING CLASSES

Classes marked with an "*" indicate Specialty Classes, requiring registration. See class description sheet for more information.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	12:15-1:00 pm TRX* Becky 2, 3	12:15 – 12:45pm Intro to Kettlebell* Becky 1, 2,3	12:15-1:00 pm TRX* Becky 2, 3		
	12:15-1:00 pm Indoor Cycling* Becky 2, 3	12:15 – 12:45pm Kettlebell* Becky 1, 2,3	12:15-1:00 pm Indoor Cycling* Becky 2, 3		
5:30-6:25 pm Power Hour Chimene 3	4:30-5:15 pm TRX Intro* Chimene 1, 2	5:30-6:25 pm Yoga* Nikki 1,2,3	5:30-6:25 pm Body Sculpting Dawn 1,2,3		
5:30-6:15 pm Indoor Cycling* Stacy 2, 3	4:30-5:15 pm Indoor Cycling* Chimene 2, 3	5:30-6:15 pm Indoor Cycling* Stacy 2, 3	6:30-7:15 pm Beginners Strength & Cardio Circuit* Stacy S 1,2		
5:30-6:15 pm TRX* Stacy 2, 3	5:30-6:25 pm Body Sculpting Dawn 1,2,3	6:20 – 6:50pm Intro to Kettlebell* Stacy 1, 2,3	6:30-7:15 pm Beginners Pilates* Stacy S 1,2		
6:30-7:30pm What to do, What to eat?* Stacy 1, 2	6:30-7:25 pm 20/20/20* Angie 1,2,3	6:20 – 6:50pm Kettlebell* Stacy 1, 2,3	6:30-7:15 pm Gentle Stretch* Monica 1,2,3		
		6:30-7:15 pm Pilates* Angie 1,2,3	6:45-7:30 pm TRX Intro* Stacy 1, 2		
			6:45-7:30 pm TRX* Stacy 2, 3		
7:30-8:25 pm Zumba Katherine 1,2,3		7:30-8:25 pm Zumba Angie 1,2,3	7:30-8:25 pm Tai Chi* Monica 1,2,3		

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