

the GROUP FITNESS SCHEDULE APRIL 2023

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MORNING CLASSSES		Cycle 45** w/ Lisa 5:30-6:15 CR	Bootcamp w/ Karen** 5:30-6:25 AC	Cycle 45** w/ Lisa 5:30-6:15 CR	Cross Training w/ Tracy ** 5:30-6:25 AG		
		Cross Training w/ Tracy ** 5:30-6:25 AG	Yoga • w/ Brittany 8:00-8:45 RR	Circuit Training w/ Anthony *** 5:30-6:30 CTR	Yoga • w/ Andrea 8:00-8:45 RR	Circuit Training w/ Karen ** 5:30-6:30 CTR	
		Silver Toning • w/ Brianna 8:00-8:50 AC	Basic Step • w/ Carol Lewis 8:30-9:00 AC	Silver Toning • w/ Andrea 8:00-8:50 AC	Step Class ** w/ Kris 8:15-9:00 AC	Silver Toning • w/ Julie 8:00-8:50 AC	Cycle Sculpt ** w/ Kim 8:00-8:55 CR
		Circuit Training w/ Brooke *** 9:00-9:55 CTR	Total Body Challenge w/ Zach ** 9:00-9:55 AC	Free Pickleball Lessons - Lynn & Dawn 8:00-8:55 AG	Total Body Challenge w/ Zach ** 9:00-9:55 AC	Circuit Training w/ Brooke *** 9:00-9:55 CTR	Circuit Training w/ Anthony *** 9:00-9:55 CTR
		Boot Camp ** w/ Brianna 9:00-9:55 AC	Pilates • w/ Carol Scott 9:00-9:55 RR	Bootcamp** w/ Brooke 9:00-9:55 AC	Pilates • w/ Carol Scott 9:00-9:55 RR	Core & More ** w/ Christina 9:00-9:50 AC	Zumba** w/ Alison 10:00-10:55 AC
		Silver Cardio • w/ Andrea 9:00-9:45 RR	Aqua Dance & Tone w/ Kris• 9:00-11:00 SP	Silver Cardio • w/ Andrea 9:00-9:45 RR	Aqua Dance & Tone w/ Kris• 9:00-10:00 SP	Silver Cardio • w/ Kris 9:00-9:45 RR	Yoga • w/ Jodi 10:00-10:55 RR
		Aqua Dance & Tone w/ Nancy • 9:00-11:00 SP	Silver Sneakers w/ Carol• 10:00-10:45 RR	Aqua Dance & Tone w/ Carol• 9:00-11:00 SP	Silver Sneakers w/ Carol• 10:00-10:45 RR	Pilates • w/ Jodi 10:00-10:55 RR	
		Yoga • w/ Andrea 10:00-10:55 RR	Zumba ** w/ Jessica 10:00-10:55 AC	Yoga • w/ Brittany 10:00-10:55 RR	Zumba ** w/ Jessica 10:00-10:55 AC		
		Waterwork Wonders w/ Mary • 11:00-noon SP	Cycle Sculpt ** w/ Brooke 10:00-11:00 CR	Waterwork Wonders w/ Mary • 11:00-noon SP	Cycle Sculpt ** w/ Brooke 10:00-11:00 CR	Waterwork Wonders w/ Mary • 11:00-noon SP	
EVENING CLASSSES	Circuit Training w/ Isaiah *** 3:00-4:00 CTR	Yoga • w/ Tammy 5:30-6:25 RR		Power Yoga ** w/ Tammy 5:30-6:25 RR	Dance Fitness** w/ April 5:30-6:25 RR		
	§ Co-Ed Volleyball 4:00-7:30 AG	Dance Fitness ** w/ Christy 5:35-6:25 AC	Dance Fitness** w/ Christy 5:30-6:25 RR	Zumba** w/ Alison 5:35-6:25 AC	Cycle 45 w/ Tanner ** 6:00-6:45 CR		
		Cycle 45 w/ Kim • 6:00-6:45 CR	Total Body Challenge w/ Breann*** 6:30-7:25 AC		Total Body Challenge w/ Summer*** 6:30-7:25 AC		
		Boot Camp *** 6:30-7:25 AC	§ Tai Chi w/ George 6:30-7:00 RR	Kickboxing w/ Summer** 6:30-7:30 AC	§ Tai Chi w/ George 6:30-7:00 RR		
		§ Kids Baton w/Kimberly 6:30-7:15 RR	§ Martial Arts w/ Mike 7:00-8:00 RR		§ Martial Arts w/Mike 7:00-8:00 RR		

AC: Aerobic Center
 RR: Recreation Room
 CR: Cycle Room
 AG: Adult Gym
 CTR: Circuit Training Room
 SP: Swimming Pool

Intensity Level
 •- Low
 ••- Moderate
 •••-High
 §-Paid class