



GROUP FITNESS SCHEDULE MAY 2023

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
M O R N I N G		Cycle 45** w/ Lisa Pennington 5:30-6:15 CR	Bootcamp w/ Karen Pierzala** 5:30-6:25 AC	Cycle 45** w/ Lisa Pennington 5:30-6:15 CR	Cross Training w/ Tracy Hilman** 5:30-6:25 AG		
		Cross Training w/ Tracy Hilman ** 5:30-6:25 AG	Yoga • w/ Brittany Tackett 8:00-8:45 RR	Circuit Training w/ Anthony Frisby *** 5:30-6:30 CTR		Circuit Training w/ Karen Pierzala ** 5:30-6:30 CTR	
		Silver Toning • w/ Brianna Reapsummer 8:00-8:50 AC	Basic Step • w/ Carol Lewis 8:30-9:00 AC	Silver Toning • w/ Andrea Hall 8:00-8:50 AC	Yoga • w/ Andrea Hall 8:00-8:45 RR	Silver Toning • w/ Julie Vinson 8:00-8:50 AC	Cycle Sculpt ** w/ Kim Clayton 8:00-8:55 CR
	C L A S S E S	Circuit Training w/ Brooke Yanik *** 9:00-9:55 CTR	Total Body Challenge w/ Zach Adkins •• 9:00-9:55 AC		Total Body Challenge w/ Zach Adkins** 9:00-9:55 AC	Circuit Training w/ Brooke Yanik *** 9:00-9:55 CTR	Circuit Training w/ Anthony Frisby*** 9:00-9:55 CTR
		Boot Camp ** w/ Brianna Reapsummer 9:00-9:55 AC	Pilates • w/ Carol Scott 9:00-9:55 RR	Bootcamp** w/ Brooke Yanik 9:00-9:55 AC	Pilates • w/ Carol Scott 9:00-9:55 RR	Core & More ** w/ Chrissie Lalonde 9:00-9:50 AC	Zumba** w/ Alison Webb 10:00-10:55 AC
		Silver Cardio • w/ Andrea Hall 9:00-9:45 RR	<u>Aqua</u> Dance & Tone w/ Kris & Chrissie• 9:00-11:00 SP	Silver Cardio • w/ Andrea Hall 9:00-9:45 RR	<u>Aqua</u> Dance & Tone w/ Kris & Nancy• 9:00-10:00 SP	Silver Cardio • w/ Kris & Julie 9:00-9:45 RR	Yoga • w/ Jodi Fields 10:00-10:55 RR
		<u>Aqua</u> Dance & Tone w/ Nancy Haney • 9:00-11:00 SP	Silver Sneakers w/ Carol Scott• 10:00-10:45 RR	<u>Aqua</u> Dance & Tone w/ Carol Lewis• 9:00-11:00 SP	Silver Sneakers w/ Carol Scott• 10:00-10:45 RR	Pilates • w/ Jodi Fields 10:00-10:55 RR	
		Yoga • w/ Andrea Hall 10:00-10:55 RR	Zumba •• w/ Jessica Ortiz 10:00-10:55 AC	Yoga • w/ Brittany Tackett 10:00-10:55 RR	Zumba •• w/ Jessica Ortiz 10:00-10:55 AC		
		<u>Waterwork Wonders</u> w/ Mary Blanton • 11:00-noon SP	Cycle Sculpt •• w/ Brooke Yanik 10:00-11:00 CR	<u>Waterwork Wonders</u> w/ Mary Blanton • 11:00-noon SP	Cycle Sculpt •• w/ Brooke Yanik 10:00-11:00 CR	<u>Waterwork Wonders</u> w/ Mary Blanton • 11:00-noon SP	
E V E N I N G	Circuit Training w/ Isaiah Grimes *** 3:00-4:00 CTR	Yoga • w/ Tammy Jackson 5:30-6:25 RR		Power Yoga •• w/ Tammy Jackson 5:30-6:25 RR	Dance Fitness** w/ April McFarlin 5:30-6:25 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
	\$ Co-Ed Volleyball 4:00-7:30 AG	Dance Fitness •• w/ Christy Lawson 5:35-6:25 AC	Dance Fitness •• w/ Christy Lawson 5:35-6:25 RR	Zumba** w/ Alison Webb 5:35-6:25 AC	Cycle 45 w/ Tanner Henderson •• 6:00-6:45 CR		
		Cycle 45 w/ Kim Clayton • 6:00-6:45 CR	Total Body Challenge w/ Breann Perry*** 6:30-7:25 AC		Total Body Challenge w/ Summer Nichols*** 6:30-7:25 AC		
		Boot Camp w/ Tyler Shelton *** 6:30-7:25 AC	\$ Tai Chi w/ George Brown 6:30-7:00 RR		Kickboxing w/ Summer Nichols** 6:30-7:30 AC	\$ Tai Chi w/ George Brown 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	

