



GROUP FITNESS SCHEDULE DECEMBER 2023

10	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
M O R N I N G		Cycle 45** w/ Lisa Pennington 5:30-6:15am CR	Bootcamp w/ Karen Pierzala** 5:30-6:25am AC	Cycle 45** w/ Lisa Pennington 5:30-6:15am CR		Circuit Training w/ Karen Pierzala ** 5:30am-6:25am CTR	
		Cross Training w/ Tracy Hilman ** 5:30-6:25am AG			Cross Training w/ Tracy Hilman** 5:30-6:25am AG		
			Yoga • w/ Karen Pierzala 8:00-8:45am RR	FREE Pickleball Lessons w/ Lynn White & Dawn Hall 8:00-9:00am AG	Yoga • w/ Andrea Hall 8:00-8:45am RR		
		Silver Toning • w/ Julie Vinson 8:00-8:50am AC	Basic Step • w/ Carol Lewis 8:30-9:00am AC	Silver Toning • w/ Andrea Hall 8:00-8:50am AC		Silver Toning • w/ Julie Vinson 8:00-8:50am AC	Cycle 45 w/ Kim Clayton • 8:00-8:45am CR
			Total Body w/ Nkechi Ezes** 9:00-9:55am AC	Bootcamp w/ Brooke Yanik** 9:00-9:55am AC	Total Body w/ Nkechi Eze** 9:00-9:55am AC	Circuit Training w/ Brooke Yanik *** 9:00-9:55am CTR	Circuit Training w/ Brooke Yanik** 9:00-9:55am CTR
		Toning • w/ Carli Holbrook 9:00-9:55am AC	Pilates • w/ Carol Scott 9:00-9:55am RR		Pilates • w/ Carol Scott 9:00-9:55am RR	Core & More ** w/ Casey Faulkner 9:00-9:55am AC	Yoga • w/ Jodi Fields 9:00-9:55am RR
		Silver Cardio w/ Andrea Hall • 9:00-9:45am RR	Silver Sneakers w/ Carol Scott• 10:00-10:45am RR	Silver Cardio w/ Andrea Hall • 9:00-9:45am RR	Silver Sneakers w/ Carol Scott• 10:00-10:45am RR	Silver Cardio w/ Kris Pennington • 9:00-9:45am RR	Zumba w/ Alison Webb ** 10:00-10:55am AC
		Aqua Dance & Tone w/ Nancy Haney • 9:00-11:00am SP	Aqua Dance & Tone w/ Carol Lewis• 9:00-11:00am SP	Aqua Dance & Tone w/ Carol Lewis• 9:00-11:00am SP	Aqua Dance & Tone w/ Nancy Haney• 9:00-11:00am SP	Pilates • w/ Tammy Jackson 10:00-10:55am RR	
		Yoga • w/ Andrea Hall 10:00-10:55am RR	Zumba w/ Jessica Ortiz ** 10:00-10:55am AC	Yoga w/ Brittany Tackett • 10:00-10:55am RR	Zumba w/ Jessica Ortiz ** 10:00-10:55am AC		
		Waterwork Wonders w/ Mary Blanton • 11:00-noon SP	Cycle30 ** w/ Brooke Yanik 10:00-10:30am CR	Waterwork Wonders w/ Mary Blanton • 11:00-noon SP	Cycle30 ** w/ Brooke Yanik 10:00-10:30am CR	Waterwork Wonders w/ Mary Blanton • 11:00-noon SP	
E V E N I N G		Yoga w/ Tammy Jackson • 5:30-6:25pm 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
		Dance Fitness w/ Christy Lawson** 5:35-6:25pm AC	Dance Fitness w/ Christy Lawson ** 5:35-6:25pm AC	Zumba w/ Alison Webb ** 5:35-6:25pm AC	Dance Fitness w/ April McFarlin ** 5:30-6:25pm AC		
	\$ Co-Ed Volleyball 4:30-8:00pm AG	Cycle 45 w/ Kim Clayton • 6:00-6:45pm CR			Cycle 45 w/ Tanner Henderson** 6:00-6:45pm CR		
		Boot Camp w/ Carli Holbrook ** 6:30-7:25pm AC	Total Body Challenge w/ Lauren Howard** 6:30-7:25pm AC	Kickboxing w/ Summer Nichols** 6:30-7:30pm AC	Total Body Challenge w/ Summer Nichols** 6:30-7:25pm AC		
			\$ Tai Chi w/ George Brown 6:00-6:45pm RR		\$ Tai Chi w/ George Brown 6:20-6:55pm RR		
			\$ Martial Arts w/ Mike 7:00-8:00pm RR		\$ Martial Arts w/Mike 7:00-8:00pm RR		