



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Cycle 45** w/ Lisa 5:30-6:15 CR		Cycle 45** w/ Lisa 5:30-6:15 CR			
	Cross Training w/ Tracy ** 5:30-6:25 AG	Boot Camp w/ Karen*** 5:30-6:25 AC		Cross Training w/ Tracy ** 5:30-6:25 AG	Boot Camp w/ Karen*** 5:30-6:25 AC	
	Silver Toning • w/ Brianna 8:00-8:50 AC	Yoga • w/ Brittany 8:00-8:45 RR	Silver Toning • w/ Andrea 8:00-8:50 AC	Yoga • w/ Andrea 8:00-8:45 RR	Silver Toning • w/ Julie 8:00-8:50 AC	Cycle Sculpt ** w/ Kim 8:00-8:55 CR
		Basic Step • w/ Carol Lewis 8:30-9:00 AC	Free Pickleball Lessons - Lynn 8:00-8:55 AG	Step Class ** w/ Kris 8:15-9:00 AC		Bootcamp*** w/ Anthony 9:00-9:55 AC
	Boot Camp ** w/ Brianna 9:00-9:55 AC	Total Body Challenge w/ Zach ** 9:00-9:55 AC	Bootcamp** w/ Brooke 9:00-9:55 AC	Total Body Challenge w/ Zach ** 9:00-9:55 AC	Core & More ** w/ Brooke 9:00-9:50 AC	Zumba** w/ Alison 10:00-10:55 AC
	Silver Cardio • w/ Andrea 9:00-9:45 RR	Pilates • w/ Jodi 9:00-9:55 RR	Silver Cardio • w/ Andrea 9:00-9:45 RR	Pilates • w/ Jodi 9:00-9:55 RR	Silver Cardio • w/ Julie 9:00-9:45 RR	Yoga • w/ Jodi 10:00-10:55 RR
	Yoga • w/ Andrea 10:00-10:55 RR		Yoga • w/ Brittany 10:00-10:55 RR		Pilates • w/ Jodi 10:00-10:55 RR	
		Zumba ** w/ Jessica 10:00-10:55 AC		Zumba ** w/ Jessica 10:00-10:55 AC		
\$ Co-Ed Volleyball 4:00-6:00 AG		Cycle Sculpt ** w/ Brooke 10:00-10:30 CR		Cycle Sculpt ** w/ Brooke 10:00-10:55 CR		
	Yoga • w/ Tammy 5:30-6:25 RR		Power Yoga ** w/ Tammy 5:30-6:25 RR			
	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	Dance Fitness** w/ April 5:30-6:25 RR		
	Cycle 45 w/ Kim ** 6:00-6:45 CR			Cycle 45 w/ Tanner ** 6:00-6:45 CR		
	\$ Baton Class w/ Kimberly 6:30-7:15 RR		Kickboxing w/ Summer** 6:30-7:30 AC			
	Boot Camp *** w/ Breann 6:30-7:25 AC	Total Body Challenge w/ Breann*** 6:30-7:25 AC		Total Body Challenge w/ Summer*** 6:30-7:25 AC		
		\$ Tai Chi w/ George 6:30-7:00 RR		\$ Tai Chi w/ George 6:30-7:00 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

Intensity Level
•- Low
••- Moderate
•••-High
\$-Paid class