



# GROUP FITNESS SCHEDULE JANUARY 2024

10	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
M O R N I N G  C L A S S E S		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/ Jodi Fields 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
		Toning ♦♦ w/ Carli Holbrook 9:00-9:55am AC	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	Core & More ♦♦ w/ Carli Holbrook 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	Pilates ♦ w/ Jodi Fields 9:00-9:55am RR		Pilates ♦ w/ Jodi Fields 9:00-9:55am RR	Circuit Training w/ Brooke Yanik ♦♦♦ 9:00-9:55am CTR	Yoga ♦ w/ Jodi Fields 9:00-9:55am RR
		Silver Cardio w/ Andrea Hall ♦ 9:00-9:45am RR	Silver Toning w/ Jodi Fields ♦ 10:00-10:45am RR	Silver Cardio w/ Andrea Hall ♦ 9:00-9:45am RR	Silver Toning w/ Jodi Fields ♦ 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  C L A S S E S		Yoga w/ Tammy Jackson ♦ 5:30-6:25pm RR			Kids Dance Class w/ Casey Faulkner ♦ 5:30-6:20pm RR		
		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 4:00-8:00pm 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 6:00-6:30pm RR		§ Tai Chi w/ George Brown 6:30-7:00pm RR		
		§ Martial Arts w/ Mike 7:00-8:00pm RR		§ Martial Arts w/Mike 7:00-8:00pm 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