

the **GROUP FITNESS SCHEDULE** **OCTOBER 2022**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Ride & Shine *** w/ Lisa 5:30-6:25 CR	Boot Camp w/ Karen*** 5:30-6:25 AC	Ride & Shine *** w/ Lisa 5:30-6:25 CR	Boot Camp w/ Karen*** 5:30-6:25 AC		
		Cross Training w/ Tracy *** 5:45-6:30 AG		Cross Training w/ Tracy *** 5:45-6:30 AG		
	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 8:30-9:00 AC	Free Pickleball Lessons - Lynn 8:00-8:55 AG	Step It Up ** w/ Kris 8:15-9:00 AC		Bootcamp** w/ Brooke & Jodi 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/ Carol Scott 9:00-9:55 RR	Silver Cardio • w/ Andrea 9:00-9:45 RR	Pilates • w/ Carol Scott 9:00-9:55 RR	Silver Cardio • w/ Julie 9:00-9:45 RR	Yoga • w/ Jodi 10:00-10:55 RR
Dance Fitness ** w/ Christy & April 3:00-3:55 AC	Yoga • w/ Andrea 10:00-10:55 RR	Silver Sneakers• w/ Carol Scott 10:00-10:55 RR	Yoga • w/ Brittany 10:00-10:55 RR	Silver Sneakers• w/ Carol Scott 10:00-10:55 RR	Pilates • w/ Jodi 10:00-10:55 RR	
Yoga• w/ Brittany 4:00-4:55 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		Spin *** w/ Christy & Brooke 10:00-10:30 CR		Cycle Sculpt *** w/ Brooke 10:00-10:55 CR		
	Yoga • w/ Tammy 5:30-6:25 RR	\$HoopDance Fitness ** w/ Brittany 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 AC	Zumba** w/ Alison 5:35-6:25 AC	Dance Fitness** w/ April 5:30-6:25 AC		
	Spin w/ Kim *** 6:00-6:45 CR			Spin 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/ Taylor*** 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