



GROUP FITNESS SCHEDULE SEPTEMBER 2023

	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 5:30-6:15 CR	Bootcamp w/ Karen Pierzala •• 5:30-6:25 AC	Cycle 45 •• w/ Lisa Pennington 5:30-6:15 CR		Circuit Training w/ Karen Pierzala •• 9:00-9:55 CTR	
		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		Yoga • w/ Andrea Hall 8:00-8:45 RR		
		Silver Toning • w/ Julive Vinson 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		Silver Toning • w/ Julie Vinson 8:00-8:50 AC	Cycle 45 w/ Kim Clayton • 8:00-8:45 CR
		Circuit Training w/ Brooke Yanik ••• 9:00-9:55 CTR	Total Body w/ Nkechi Ezes •• 9:00-9:55 AC	Bootcamp w/ Brooke Yanik •• 9:00-9:55 AC	Total Body w/ Nkechi Eze •• 9:00-9:55 AC	Circuit Training w/ Brooke Yanik ••• 9:00-9:55 CTR	Circuit Training w/ Brooke Yanik •• 9:00-9:55 CTR
		Boot Camp •• w/ Jodi Fields 9:00-9:55 AC	Pilates • w/ Carol Scott 9:00-9:55 RR		Pilates • w/ Carol Scott 9:00-9:55 RR	Core & More •• w/ Casey Faulkner 9:00-9:50 AC	Yoga • w/ Jodi Fields 9:00-9:55 RR
		Silver Cardio w/ Andrea Hall • 9:00-9:45 RR	Silver Sneakers w/ Carol Scott • 10:00-10:45 RR	Silver Cardio w/ Andrea Hall • 9:00-9:45 RR	Silver Sneakers w/ Carol Scott • 10:00-10:45 RR	Silver Cardio w/ Kris Pennington • 9:00-9:45 RR	Zumba w/ Alison Webb •• 10:00-10:55 AC
		<u>Aqua</u> Dance & Tone w/ Nancy Haney • 9:00-11:00 SP	<u>Aqua</u> Dance & Tone w/ Kris Pennington • 9:00-11:00 SP	<u>Aqua</u> Dance & Tone w/ Carol Lewis • 9:00-11:00 SP	<u>Aqua</u> Dance & Tone w/ Kris Pennington • 9:00-10:00 SP	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	
		Yoga w/ Tammy Jackson • 5:30-6:25 RR		Power Yoga w/ Tammy Jackson •• 5:30-6:25 RR			
		Dance Fitness w/ Christy Lawson •• 5:35-6:25 AC	Dance Fitness w/ Christy Lawson •• 5:35-6:25 AC	Zumba w/ Alison Webb •• 5:35-6:25 AC	Dance Fitness w/ April McFarlin •• 5:30-6:25 AC		
E V E N I N G C L A S S E S	§ Co-Ed Volleyball 4:00-7:30 AG	Cycle 45 w/ Kim Clayton • 6:00-6:45 CR			Cycle 45 w/ Tanner Henderson •• 6:00-6:45 CR		
		Boot Camp w/ Carli Holbrook •• 6:30-7:25 AC	Total Body Challenge w/ Lauren Howard •• 6:30-7:25 AC	Kickboxing w/ Summer Nichols •• 6:30-7:30 AC	Total Body Challenge w/ Summer Nichols •• 6:30-7:25 AC		
			§ Tai Chi w/ George Brown 6:20-7:00 RR		§ Tai Chi w/ George Brown 6:20-7:00 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
CTR: Circuit Training Room
SP: Swimming Pool

Intensity Level
•- Low
••- Moderate
•••-High
§-Paid class