

GROUP EXERCISE SCHEDULE



January 2019

Exercise Studio	Gymnasium						
Community Rooms (CR)							
MONDAY	TUESDAY		WEDNESDAY	THURSDAY		FRIDAY	SATURDAY
Y Cycle (55) 5:15am Adam			Y Cycle (55) 5:15am Adam			Y Cycle (55) 5:15am Michelle/Melissa	
Y Cycle (55) 6:15am Adam	Yoga (55) 6:00 am Melorie		Y Cycle (55) 6:15am Michelle	Yoga (55) 6:00 am Melorie		Y Cycle (55) 6:15am Michelle	
Basic Step (30) 7:30am Cheri			Basic Sculpt (30) 7:30am Cheri			Basic Step (30) 7:30am Cheri	
Zumba (55) 8:15am Chelsa	Zumba (55) 8:15am Betsy	TAI CHI (45) 8:15am B&C Room Georgi	STRONG (55) 8:15am Joanna	Zumba (55) 8:15am Joanna	TAI CHI (45) 8:15am B&C Room Georgi	Zumba (55) 8:15am Joanna	Circuit Training 8:00am (55) Vicki
Y Cycle (55) 9:15 am Jessica	Strength Train (55) 9:15am Hanni	TAI CHI II (55) 9:00am B&C Rooms Georgi	Y Cycle (55) 9:15am Jessica	Strength Train (55) 9:15am Hanni	TAI CHI II (55) 9:00am B&C Rooms Georgi	Y Cycle (55) 9:15am Sara	Zumba (55) 8:30 am Janessa
Silver Sneaker Classic (45) 10:15 am- GYM Cheri	SilverSneaker Classic (45) 10:15am-GYM Cheri		SilverSneaker Classic (45) 10:15am-GYM Cindy	SilverSneaker Classic (45) 10:15am-GYM Cheri		Silver Sneaker Yoga (45) 10:15 am Cheri	Strength Train (55) 9:30 am Vicki
Silver Sneaker Cardio (45) 11:10 am Cindy	SilverSneaker Circuit (45) 11:10 am-GYM Cheri		Silver Sneaker Yoga (45) 11:10 am Cheri	SilverSneaker Circuit (45) 11:10 am-GYM Cheri		Sit and Get Fit Yoga (45) 11:10 am Cindy	
Y Firm (55) 12:00 pm Melissa			Y Firm (55) 12:00 pm Melissa			Y Firm (55) 12:00 pm Melissa	
Express Cycle (25) 5:00pm Cameron			Strength Train (55) 4:30pm *Starts January 9th*	Express Cycle (25) 5:00pm Cameron			
Cardio Mix (55) 5:30 pm Kristie	METABOLIC CONDITIONING 5:30pm (55) Vicki		Cardio Mix (55) 5:30 pm Kristie	METABOLIC CONDITIONING 5:30pm (55) Vicki		STRONG (55) 5:30pm Joanna	
Zumba (55) 6:30pm Kim	YOGA (55) 6:30pm Kristie		Zumba (55) 6:30pm Kim	YOGA (55) 6:30pm Kristie			
Circuit Training (55) 6:30 pm- Meet in CR A Darryl			Circuit Training (55) 6:30 pm- Meet in CR A Darryl				

All water group exercises classes are on the pool schedules.

Cameron Andenucio - Healthy Living Director
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Classes with less than 10 participants on a consistent basis are subject to change.