

# GROUP EXERCISE SCHEDULE



May 2018

Exercise Studio 1
Exercise Studio 2

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
	Y CYCLE (55) <b>5:15AM</b> Adam				Y CYCLE (55) <b>5:15AM</b> Adam				Y CYCLE (55) <b>5:15AM</b> Adam		
BASIC STEP (30) <b>7:30am</b> Cheri	Y CYCLE (55) <b>6:15AM</b> Adam		TAI CHI (45) <b>8:15am</b> B&C Room Georgi	BASIC SCULPT (30) <b>7:30pm</b> Cheri	Y CYCLE (55) <b>6:15AM</b> Michelle			BASIC STEP (30) <b>7:30am</b> Cheri	Y CYCLE (55) <b>6:15AM</b> Michelle		CIRCUIT TRAINING (85) <b>8:00am</b> Vicki
	Zumba (55) <b>8:30am-Gym</b> Nicolette		Zumba (55) <b>8:30am-Gym</b> Betsy		STRONG (55) <b>8:30am - Gym</b> Nicolette		Zumba (55) <b>8:30am-Gym</b> Joanna		Zumba (55) <b>8:30am-Gym</b> Joanna	Zumba (55) <b>8:30am</b> Jess	
*TRX (55) <b>9:00am</b> Melanie	Y CYCLE (55) <b>9:00am</b> Jessica	*STRENGTH TRAIN TOGETHER(55) <b>9:00am</b> Hanni	TAI CHI II (55) <b>9:00am</b> B&C Rooms Georgi	*TRX (55) <b>9:00am</b> Melanie	Y CYCLE (55) <b>9:00am</b> Jessica	*STRENGTH TRAIN TOGETHER(55) <b>9:00am</b> Hanni	TAI CHI II (55) <b>9:00am</b> B&C Rooms Georgi		Y CYCLE (55) <b>9:00am</b> Sara	METABOLIC CONDITIONING <b>9:30am (55)</b> Vicki	Y CYCLE (55) <b>9:00am</b> Rotating
SilverSneakers Classic (45) Gym <b>10:15am</b> Janique		SilverSneakers Classic (45) Gym <b>10:15am</b> Janique	TAI CHI DIABETES <b>10:15am (30)</b> B&C Rooms Georgi	SilverSneakers Yoga (45) <b>10:15am</b> Cheri	SilverSneakers Classic (45) <b>10:15am</b> Janique	SilverSneakers Classic (45) Gym <b>10:15am</b> Janique	TAI CHI DIABETES <b>10:15am (30)</b> B&C Rooms Georgi	SilverSneakers Yoga (45) <b>10:15am</b> Cheri			
SilverSneakers Cardio (45) <b>11:10am</b> Janique		SilverSneakers Circuit (45)-Gym <b>11:10am</b> Cheri		SilverSneakers Yoga (45) <b>11:10am</b> Cheri	SilverSneakers Cardio (45) <b>11:10am</b> Janique	SilverSneakers Circuit (45)-Gym <b>11:10am</b> Cheri		SilverSneakers Yoga (45) <b>11:10am</b> Cindy		SilverSneakers Yoga (45) <b>11:10am</b> Janique	
Y FIRM (55) <b>12pm</b> Melissa			PEDAL & PUMP <b>12pm (55)</b> Melissa	Y FIRM (55) <b>12pm</b> Melissa		BODY BARRE (55) <b>12pm</b> Charlene		Y FIRM (55) <b>12pm</b> Melissa			
CARDIO MIX (55) <b>5:30pm</b> Kristie	Y CYCLE (55) <b>5:30pm</b> Cameron	METABOLIC CONDITIONING <b>5:30pm (55)</b> Vicki		CARDIO MIX (55) <b>5:30pm</b> Kristie	Y CYCLE (55) <b>5:30pm</b> Cameron	METABOLIC CONDITIONING <b>5:30pm (55)</b> Vicki		STRONG (55) <b>5:30pm</b> Joanna			
Zumba (55) <b>6:30pm</b> Kim	CIRCUIT TRAINING (85) <b>6:30pm</b> Darryl	YOGA (55) <b>6:30pm</b> Kristie		Zumba (55) <b>6:30pm -</b> Kim	CIRCUIT TRAINING (85) <b>6:30pm</b> Darryl	YOGA (55) <b>6:30pm</b> Kristie					

\* Denotes space is limited for the class. **All water group exercises classes are on the pool schedules.**

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Classes with less than 10 participants on a consistent basis are subject to change.