

GROUP EXERCISE SCHEDULE



September 2019

Exercise Studio	(#)= Length of workout						
Community Room	Gymnasium						
MONDAY	TUESDAY		WEDNESDAY	THURSDAY		FRIDAY	SATURDAY
Y Cycle (55) 5:15am Sara	BodyX (45) 5:30am Jessica		Y Cycle (55) 5:15am Sara	BodyX (45) 5:30am Jessica		Y Cycle (55) 5:15am Michelle/Jeff	
Y Cycle (55) 6:15am Bernadette			Y Cycle (55) 6:15am Michelle			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) 8:10am Chelsa	Zumba (55) 8:10am Betsy	Tai Chi will resume in October!	STRONG (55) 8:10am Joanna	Zumba (55) 8:10am Joanna	Tai Chi will resume in October!	Zumba (55) 8:10am Joanna	Circuit Training 8:00am (75) Vicki
Y Cycle (55) 9:10 am Amy	Strength Train (55) 9:10am Christa		Y Cycle (55) 9:10am Amy	Strength Train (55) 9:10am Christa		Y Cycle (55) 9:10am Sara	Zumba (55) 8:30 am Janessa
Silver Sneaker Classic (45) 10:15 am Janique	SilverSneaker Classic (45) 10:15am Cheri		SilverSneaker Classic (45) 10:15am Cindy	SilverSneaker Classic (45) 10:15am Janique		Silver Sneaker Yoga (45) 10:15 am Cindy	Strength Train (55) 9:30 am Vicki
Silver Sneaker Cardio (45) 11:10 am Janique	SilverSneaker Circuit (45) 11:10 am Cheri		Silver Sneaker Yoga (45) 11:10 am Cheri	SilverSneaker Circuit (45) 11:10 am Cheri		Silver Sneaker Yoga (45) 11:10 am Cindy	
Y Firm (55) 12:00 pm Melissa	Yoga (55) 12:00 pm Julie		Y Firm (55) 12:00 pm Melissa			Y Firm (55) 12:00 pm Melissa	
Express Cycle (25) 5:00pm Cameron				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 (75) 6:30 pm- Meet in CR A Darryl			Circuit Training (75) 6:30 pm- Meet in CR A Darryl				

All water group exercise classes are on the pool schedules.

Cameron Andenucio
Senior Membership Experience Director
Phone: (719) 543-5151 ext. 451

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