## **GROUP EXERCISE CLASS SCHEDULE - DECEMBER 2023**

First come, First served only. Sorry, no reservations. Must be present to get a spot.

Guests and members are expected to respect other participants and need to sanitize equipment after use.

Mind/Body Studio

**Cycling Studio** 

**Basketball Court** 

**Color code designates the location of the class:** 

**Aerobics Studio** 

	Actobics Studio	Cycling Studio	Willia, Body Stadio	Dasketball Court	
	Lap Pool	Therapy Pool	Fitness Floor		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WONDAT	TOESDAT	WEDNESDAT	MORSBAT	TRIDAT	SATORDAT
5:30 am Kickboxing [45min]	5:30 am Total Strength	5:30 am Zumba [45min]	5:30 am Strength Training	5:30 am Athletic Conditioning	
—Rebecca	[45min] —Rebecca	—Mary	[45min] —Rebecca	[45min] —Rebecca	
	[ isimin] Newcood	-	[ Ionning Newcood	[ Islami] Nessessa	
	5:30 am Cycling [45min]	5:30 am Bootcamp [45min]	5:30 am Cycling [45min]		
	—Sara	—Rebecca	—rotation		
	5:30 am Mat Pilates [45min]			5:30 am Mat Pilates [45min]	
	—Karri			—Karri	
	6:20 am Core & More [15min]			6:20 am Core & More [15min]	
	—Fitness Staff			—Fitness Staff	
7:30 am Deep Water [45min]	7:30 am Deep Water [45min]		7:30 am Deep Water [45min]		
—Cari	—Cari		—Cari		
8:15 am Cycling [45min]	Curi	8:15 am Cycling [45min]	Cull	8:15 am Cycling [45min]	8:15 am Cycling [45min]
—Karri/Tasha		—Tasha		—Tasha	-rotation
8:30 am Cardio Strength	8:30 am Pilates Sculpt [45min]	8:30 am Bootcamp Circuit	8:30 am Pilates Sculpt [45min]	8:30 am Tabata [30min]	8:15 am Mat Pilates [45min]
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[45min] —Stacey	—Karri	[45min] —Karri	—Karri	—Karri	—rotation
8:30 am Gentle Yoga [75min]	8:30 am Gentle Yoga [75min]	8:30 am Gentle Yoga [75min]	8:30 am Gentle Yoga [75min]	8:30 am Gentle Yoga [75min]	
—Kay	—Denise	—Ann	—Ann/Deb	—Kay	
	8:30 am Shallow Water	8:30 am Shallow Water		8:30 am Independent Power	9:15 am Yoga [75min]
	[45min] —Sheryl	[45min] —Cari		Hour Shallow Water [45min]	—rotation
		[45ffilli] Cult		Trodi Sildilow Water [4511111]	Totation
9:20 am Core Express [15min]	9:25 am Total Strength	9:15 am ROM [45min]	9:25 am Total Strength	9:05 am Total HIIT [45min]	9:15 am Zumba [60min]
—Stacey	in 30 [30min] —Karri	—Sheryl	in 30 [30min] —Karri	—Karri	—rotation
9:30 am Deep Water [45min]	9:30 am Aqua Chi [45min] —	9:20 am Core Express [15min]	9:30 am Deep Water [45min]	10:00 am Core Express	
—Sheryl	Glenda/Sheryl	—Karri	—Sheryl	[15min] —Karri	
10 am Strength & Balance	10 am Just Stretch [30min]	10 am Strength & Balance	10 am Just Stretch [30min]	10 am Strength & Balance	
[30min] —Glenda	—Denise	[30min] —Glenda	—Ann/Deb	[30min] —Glenda	
10:45 am All Circuit [45min]		10:45 am Groove Lite [45min]		10:45 am Growing Stronger	
—Stacey		—Karri		[45 min] —Karri	
10:45 am Strength & Balance		10:45 am Strength & Balance		10:45 am Strength & Balance	
[30min] —Glenda		[30min] —Glenda		[30min] —Glenda	
11:30 am Tai Chi [45min]		11:30 am Tai Chi [45min]		[Sommi] Gienaa	
—Glenda		—Glenda			
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4:20 pm Pilotos Soulet [45 min]	4:20 nm Total Strongth	4:20 pm Pilotos Soulat [45 min]		4:20 pm Kieldowing [45 min]	
4:30 pm Pilates Sculpt [45min]	4:30 pm Total Strength	4:30 pm Pilates Sculpt [45min]		4:30 pm Kickboxing [45min]	
—Rebecca	[45min] —Rebecca	—Rebecca		—Rebeccca	
5:30 pm Strength Training		5:30 pm Step [45min]	5:30 pm Total Body HIIT	5:20 pm Strength in 30	
[45min] —Rebecca		—Rebecca	[45min] —Rebecca	[30min] —Rebecca	
5:30 pm Aqua Chi [45min] —	5:30 pm Cycling [45min]			I I	
Glenda	—Ashley/Rebecca			1	
6:30 pm Zumba [45min]	5:45 pm Gentle Yoga [60min]	6:20 pm Strength in 30	5:45 pm Yin Yoga [75min]	1	
—Mary	—Kat	[30 min] —Rebecca	—Treva	I I	
		7:00 pm Strength & Flow		1	
		[45min] Mary			