

## 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.**

Color code designates the location of the class:

Aerobics Studio	Cycling Studio	Mind/Body Studio	Basketball Court
Lap Pool	Therapy Pool	Fitness Floor	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 am Kickboxing [45min] —Rebecca	5:30 am Total Strength [45min] —Rebecca	5:30 am Zumba [45min] —Mary	5:30 am Strength Training [45min] —Rebecca	5:30 am Athletic Conditioning [45min] —Rebecca	
	5:30 am Cycling [45min] —Sara	5:30 am Bootcamp [45min] —Rebecca	5:30 am Cycling [45min] —rotation		
	5:30 am Mat Pilates [45min] —Karri			5:30 am Mat Pilates [45min] —Karri	
	6:20 am Core & More [15min] —Fitness Staff			6:20 am Core & More [15min] —Fitness Staff	
7:30 am Deep Water [45min] —Cari	7:30 am Deep Water [45min] —Cari		7:30 am Deep Water [45min] —Cari		
8:15 am Cycling [45min] —Karri/Tasha		8:15 am Cycling [45min] —Tasha		8:15 am Cycling [45min] —Tasha	8:15 am Cycling [45min] —rotation
8:30 am Cardio Strength [45min] —Stacey	8:30 am Pilates Sculpt [45min] —Karri	8:30 am Bootcamp Circuit [45min] —Karri	8:30 am Pilates Sculpt [45min] —Karri	8:30 am Tabata [30min] —Karri	8:15 am Mat Pilates [45min] —rotation
8:30 am Gentle Yoga [75min] —Kay	8:30 am Gentle Yoga [75min] —Denise	8:30 am Gentle Yoga [75min] —Ann	8:30 am Gentle Yoga [75min] —Ann/Deb	8:30 am Gentle Yoga [75min] —Kay	
	8:30 am Shallow Water [45min] —Sheryl	8:30 am Shallow Water [45min] —Cari		8:30 am Independent Power Hour Shallow Water [45min]	9:15 am Yoga [75min] —rotation
9:20 am Core Express [15min] —Stacey	9:25 am Total Strength in 30 [30min] —Karri	9:15 am ROM [45min] —Sheryl	9:25 am Total Strength in 30 [30min] —Karri	9:05 am Total HIIT [45min] —Karri	9:15 am Zumba [60min] —rotation
9:30 am Deep Water [45min] —Sheryl	9:30 am Aqua Chi [45min] —Glenda/Sheryl	9:20 am Core Express [15min] —Karri	9:30 am Deep Water [45min] —Sheryl	10:00 am Core Express [15min] —Karri	
10 am Strength & Balance [30min] —Glenda	10 am Just Stretch [30min] —Denise	10 am Strength & Balance [30min] —Glenda	10 am Just Stretch [30min] —Ann/Deb	10 am Strength & Balance [30min] —Glenda	
10:45 am All Circuit [45min] —Stacey		10:45 am Groove Lite [45min] —Karri		10:45 am Growing Stronger [45 min] —Karri	
10:45 am Strength & Balance [30min] —Glenda		10:45 am Strength & Balance [30min] —Glenda		10:45 am Strength & Balance [30min] —Glenda	
11:30 am Tai Chi [45min] —Glenda		11:30 am Tai Chi [45min] —Glenda			
4:30 pm Pilates Sculpt [45min] —Rebecca	4:30 pm Total Strength [45min] —Rebecca	4:30 pm Pilates Sculpt [45min] —Rebecca		4:30 pm Kickboxing [45min] —Rebecca	
5:30 pm Strength Training [45min] —Rebecca		5:30 pm Step [45min] —Rebecca	5:30 pm Total Body HIIT [45min] —Rebecca	5:20 pm Strength in 30 [30min] —Rebecca	
5:30 pm Aqua Chi [45min] —Glenda	5:30 pm Cycling [45min] —Ashley/Rebecca				
6:30 pm Zumba [45min] —Mary	5:45 pm Gentle Yoga [60min] —Kat	6:20 pm Strength in 30 [30 min] —Rebecca	5:45 pm Yin Yoga [75min] —Treva		
		7:00 pm Strength & Flow [45min] Mary			