



# GROUP FITNESS SCHEDULE

All classes on this schedule are included with your  
Fitness and Aquatic Center Membership

\*30 min \*\*45 min \*\*\*75 min

Dance Room -----(DR)
Aerobics Room --(AR)
Krank Cycles -----(KC)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>5:00 AM</b>	TRX Gina (DR)	**Krank Gina (KC)	**Krank & Weights Gina (KC)	**Krank Gina (KC)	**Krank & Weights Gina (KC)	
<b>5:30 AM</b>	Full Body Circuit Lisa (AR)	Cycling Steve (AR)	Muscle Max Lisa (AR)	Cycling Jessica (AR)	30/30 Lisa (AR)	
<b>5:45 AM</b>			Yoga Terra (DR)	Zumba Debbie (DR)		
<b>7:00 AM</b>	Cycling Stephanie (AR)		Cycling Stephanie (AR)			Cycling Jessica (AR)
						Cardio Ballet/Pilates Dawn (DR)
<b>8:00 AM</b>						Muscle Max Melanie (AR)
						TRX Heidi (DR)
<b>8:15 AM</b>	Athletic Challenge Laurene (AR)	**Dance Jam Harmonie (DR)	Athletic Challenge Laurene (AR)	**Low-Impact Cardio Chelsea (AR)		
<b>8:30 AM</b>	*Krank Lori (KC)	*Krank Lori (KC)	*Krank Hope (KC)	*Krank Lori (KC)	*Krank Hope (KC)	
					Zumba Harmonie (AR)	
<b>9:00 AM</b>	Core/Bosu Shal (DR)	Yoga-Hatha Basics Melanie O. (AR)	Step Interval Laura (DR)	Yoga Rachel (AR)	***Step Interval Laurene (DR)	Zumba Kimberly (DR/Gym)
		Turbo Kick Cami (DR)		TRX Shal (DR)		
<b>9:30 AM</b>	SilverSneakers Angie (AR)		**SilverSneakers Chelsea (AR)		SilverSneakers Sarah (AR)	
<b>10:00 AM</b>	*Pilates Shal (DR)	Cycling Heidi (AR)	Zumba Kimberly (DR)	Cycling Shal (AR)		
		TRX Dawn (DR)		TRX Dawn (DR)		
<b>10:30 AM</b>			*SilverSneakers Yoga Chelsea (AR)			
<b>12:00 PM</b>	**Kick Box Laura (AR)	**TRX Heidi (DR)	**Yoga Rachel (AR)	**Krank Stacey (KC)	**Zumba Amy (DR)	

<b>5:30 PM</b>			Zumba Toning Shaelynn (AR)			
<b>6:00 PM</b>	Cycling Stephanie (AR)	Turbo Kick Melanie (AR)	TRX Heidi (DR)	Kick Box Laura (AR)		
<b>6:30 PM</b>			*Zumba Shaelynn (AR)			
<b>7:00 PM</b>	TRX Heidi (DR)	Zumba Tessa (AR)	Hip Hop Melanie (AR)	Total Body Conditioning Jackie (AR)		
		*Krank Stacey (KC)		*Krank Gina (KC)		
<b>8:00 PM</b>	Yoga-Relax & Release Melanie O. (AR)		Cycling Stephanie (AR)	Cycling Jackie (AR)		

~Group Fitness classes are 55 minutes, except where noted otherwise (\*)

~Schedule Effective April 30, 2012 ~Classes and times subject to change

~All TRX and Krank classes require a hand stamp from the front desk to guarantee a spot

~Stamps start 20 min before class begins