



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Group Fitness

## SPRING Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior Fitness 8:30-9:15am Robin	Body Pump 5:15 – 6:15am Dawn G	Senior Fitness 8:30-9:15am Robin	Body Pump 5:15 – 6:15am Dawn G	Senior Fitness 8:30-9:15am Robin	Body Pump 8:00 – 9:00am Rotation
Water Aerobics 9:00-10:00am Marge	Water Aerobics 9:00-10:00am Marge	Water Aerobics 9:00-10:00am Irene	Water Aerobics 9:00-10:00am Irene	Water Aerobics 9:00-10:00am Rotation	W.O.W* 9:00-10:00am <b>April 2 - 23</b> Tammi
Cardio & Strength 9:20-10:00am Amanda	Silver Sneakers 10:30-11:15am Lynda	Vinyasa Yoga 9:25-10:15am Angel	W.O.W* 10:30-11:30a <b>April 28 – May 19</b> Kara	Spin Fit 9:00-10:00am Amanda	HOT YOGA** <b>April 16</b> 9:30-10:30p Angel
Strength Express 12-12:30pm Kara	Tabata Fusion 12-12:30pm Amanda	HIIT 12:00-12:30 pm Kara	Silver Sneakers 10:30-11:15am Lynda		YIN YOGA** <b>April 23</b> 9:30-11:00a Tomoko
Vin – Yin Yoga 4:15- 5:05pm Angel	Body Pump 5:30 – 6:30pm Tina	Zumba 5:15-6:00 pm Andrea	Bootcamp/HIIT 12:00-12:30pm Amanda		
Full Body Workout 5:30-6:15pm Becky	Aquatic Bootcamp 6:00-7:00pm Kim	Full Body Workout 6:05-6:35pm Becky	Body Pump 4:00 – 5:00pm Tomoko	*W.O.W – Women on Weights Registration required. Check for the next available session!	
			Pound 5:30-6:30pm Candace	** Enjoy Pop Up classes held only on listed date. Registration required for Hot Yoga	