



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Group Fitness Schedule

## Effective August 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior Fitness 8:15-8:45 Robin	Body Pump 5:15 – 6:15AM Dawn Gulick	Senior Fitness 8:15-8:45am Robin	Body Pump 5:15 – 6:15AM Dawn Gulick	Senior Fitness 8:15-8:45am Robin	Body Pump 8:00 – 9:00am Rotation
Water Aerobics 9:15-10:00 Marge Classen	Water Aerobics 9:15-10:00 Marge Classen	Water Aerobics 9:15-10:00 Marge Classen	Water Aerobics 9:15-10:00 Marge Classen	Water Aerobics 9:15-10:00 Marge Classen	
Tabata Fusion 12-12:30 pm Kara	Strength Express 12-12:30 pm Amanda	Cardio & Strength 9:15-10:00 am Amanda	HIIT 12:00-12:30 pm Amanda	Cardio & Strength 9:15-10:00 am Amanda	
Vin – Yin Yoga 4:15- 5:05pm Angel	HIGH Fitness 5:30 – 6:30 pm Darci	Bootcamp/HIIT 12:00-12:30 pm Kara	Pound 5:30-6:30 pm Candace	*Class in <b>RED</b> requires registration All classes are held in the aerobics room and have a max of 12 people.	
Full Body Workout 5:30-6:15 pm Becky		Zumba 5:15-6:00 pm Andrea			