



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Group Fitness Schedule

Effective November 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cycling 6:00- 7:00 am Dawn	Body Pump 5:15 – 6:15AM Dawn Gulick	Cycling 6:00- 7:00 am Dawn	Body Pump 5:15 – 6:15AM Dawn Gulick	Cycling 6:00- 7:00 am Dawn	Body Pump 8:00 – 9:00am Rotation
Senior Fitness 8:30-9:05 Robin	Water Aerobics 9:15-10:00 Marge Classen	Senior Fitness 8:30-9:05 Robin	Water Aerobics 9:15-10:00 Marge Classen	Senior Fitness 8:30-9:05 Robin	Cycling 9:15-10:15am Rotation
Water Aerobics 9:15-10:00 Marge Classen	Silver Sneakers 10:30-11:15am Jo	Water Aerobics 9:15-10:00 Marge Classen	Alignment Yoga 9:15 – 10:00am Tomoko	Water Aerobics 9:15-10:00 Marge Classen	
Strength Express 12-12:30 pm Amanda	Tabata Fusion 12-12:30 pm Kara	Cardio & Strength 9:20-10:00 am Amanda	Silver Sneakers 10:30-11:15am Jo	Cardio & Strength 9:20-10:00 am Amanda	
Vin – Yin Yoga 4:15- 5:05pm Angel	Body Pump 5:30 – 6:30 pm Tina	HIIT 12:00-12:30 pm Amanda	Bootcamp/HIIT 12:00-12:30 pm Kara	<b>*Please bring your own yoga mat and yoga block to the yoga classes.</b>	
Full Body Workout 5:30-6:15pm Becky	Aquatic Bootcamp 5:30-6:30pm Kim	Zumba 5:15-6:00 pm Andrea	Pound 5:30-6:30 pm Candace		
Cycling 5:30-6:30pm Bob		Cycling 5:30-6:30pm Bob			