



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Group Fitness Schedule

Effective September 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior Fitness 8:30-9:05 Robin	Body Pump 5:15 – 6:15AM Dawn Gulick	Senior Fitness 8:30-9:05 Robin	Body Pump 5:15 – 6:15AM Dawn Gulick	Senior Fitness 8:30-9:05 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	
Strength Express 12-12:30 pm Amanda	Tabata Fusion 12-12:30 pm Kara	Cardio & Strength 9:20-10:00 am Amanda	Bootcamp/HIIT 12:00-12:30 pm Kara	Cardio & Strength 9:20-10:00 am Amanda	
Vin – Yin Yoga 4:15- 5:05pm Angel	HIGH Fitness 5:30-6:30pm Darci Sept 1 st only	HIIT 12:00-12:30 pm Amanda	Pound 5:30-6:30 pm Candace	*Class in RED requires registration to guarantee your spot. All classes are held in the aerobics room and have a max of 12 people.	
Full Body Workout 5:30-6:15 pm Becky	Body Pump 5:30 – 6:30 pm Tina Sept 8-Sept 29	Zumba 5:15-6:00 pm Andrea		*Please bring your own yoga mat and yoga block to the yoga classes.	
	Aquatic Bootcamp 5:30-6:30pm Kim Starting Sept. 8	Alignment Yoga 6:20 – 7:10PM Tomoko			