

GROUP EXERCISE CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT / SUN
6:00am	RISE & SHINE INTERVAL 6:15am - 7:30am APR Bonnie		RISE & SHINE INTERVAL 6:15am - 7:30am APR Bonnie		RISE & SHINE INTERVAL 6:15am - 7:30am APR Bonnie	
7:00am	HEALTH IS YOUR WEALTH WALK GROUP 7:30am - 8:10am Corner of McLean St and Witherspoon w/ Gail	MUSCLE CONDITIONING 7:00am - 7:30am Light Ex Bonnie HEALTH IS YOUR WEALTH WALK GROUP 7:30am - 8:10am Corner of McLean St and Witherspoon w/ Gail	HEALTH IS YOUR WEALTH WALK GROUP 7:30am - 8:10am Corner of McLean St and Witherspoon w/ Gail	MUSCLE CONDITIONING 7:00am - 7:30am Light Ex Bonnie HEALTH IS YOUR WEALTH WALK GROUP 7:30am - 8:10am Corner of McLean St and Witherspoon w/ Gail	HEALTH IS YOUR WEALTH WALK GROUP 7:30am - 8:10am Corner of McLean St and Witherspoon w/ Gail	
8:00am	EARLY BIRDS 8:00 - 8:30am APR Virginia	EARLY BIRDS 8:00 - 8:30am APR Virginia	EARLY BIRDS 8:00 - 8:30am APR Linda	EARLY BIRDS 8:00 - 8:30am APR Linda	EARLY BIRDS 8:00 - 8:30am APR Linda	WALK AEROBICS 8:00am - 9:00am Community Park Track Gail Everett SATURDAYS ONLY
9:00am	WATER FITNESS 9:00am - 10:00am WW-PTS Pool TOTAL BODY CHALLENGE 9:15am - 10:00am Light Ex Linda	ARTHROTIC WATER FITNESS 9:00am - 10:00am WW-PTS Pool	TOTAL BODY CHALLENGE 9:15am - 10:00am Light Ex Linda WATER FITNESS 9:00am - 10:00am WW-PTS Pool	ARTHROTIC WATER FITNESS 9:00am - 10:00am WW-PTS Pool	WATER FITNESS 9:00am - 10:00am WW-PTS Pool	STEP, STRENGTH & BEYOND 9:00am - 10:00am Light Ex Lori SATURDAYS ONLY
10:00am			CROSS POWER TRAINING 10:00am - 11:00am LCR Stephanie VIM 10:00am - 11:00am Light Ex Virginia		CROSS POWER TRAINING 10:00am - 11:00am LCR Stephanie VIM 10:00am - 11:00am Light Ex Virginia	MAT MIX & MORE 10:00am - 11:00am Light Ex Lori SATURDAYS ONLY
11:00am	VIM 11:00am - 12:00pm Light Ex Virginia		YOGA 11:00am - 12:15pm Light Ex Trish		YOGA 11:00am - 12:15pm Light Ex Debra	
12:00pm	EXPRESS Du JOUR 12:30pm - 1:15pm Light Ex Stephanie		STAYING YOUNG FITNESS 12:30pm - 1:15pm Light Ex Stephanie		SILVER SNEAKERS® 12:30pm - 1:15pm Light Ex Stephanie	
1:00pm	STAYING YOUNG FITNESS 1:15pm - 2:00pm Light Ex Stephanie					SUNDAYS ONLY 3:00pm - 4:00pm JAMMERSIZE 3:00pm - 4:00pm Light Ex Gail Everett
5:00pm	PUMP IT UP-WARM UP 5:45pm - 6:30pm Light Ex Allison	ZUMBA® 5:15pm - 6:15pm Light Ex Amber	COMBO STEP WARM UP 5:45pm - 6:30pm Light Ex Allison	ZUMBA® 5:15pm - 6:15pm Light Ex Amber		
6:00pm	PUMP IT UP! 6:30pm - 7:30pm Light Ex Allison WALK AEROBICS 6:45pm - 7:45pm Community Park Track Gail Everett	STEP WITH STAMINA 6:15pm - 7:30pm Light Ex Lori	COMBO STEP 6:30pm - 7:30pm Light Ex Allison	STEP UP TO BOOT CAMP 6:30pm - 7:30pm Light Ex Allison		
7:00pm	CARDIO KINETICS 7:30pm - 8:30pm Light Ex Lori	CARDIO BOOT CAMP 7:30pm - 8:30pm Light Ex Lori	CARDIO KINETICS 7:30pm - 8:30pm Light Ex Lori	YOGA 7:30pm - 9:00pm Light Ex Trish	JAMMERSIZE 7:00 - 8:00pm Light Ex Gail Everett	
8:00pm	MAT MIX 8:30pm - 9:00pm Light Ex Lori		MAT MIX 8:30pm - 9:00pm Light Ex Lori			

Fitness classes are included with a Full-Facility Membership.

This schedule is subject to change.

