



GROUP FITNESS SCHEDULE



January 7th

MONDAY

TIME	CLASS	INSTRUCTOR	LOCATION
5:15 AM	STEP CHALLENGE	AMELIA	MAIN STUDIO
5:15 AM	SPINNING ®	JULIE	SPIN STUDIO
8:15 AM	SPINNING ®	CAROL	SPIN STUDIO
8:20 AM	YOGA	KATHLEEN	MAIN STUDIO
9:20 AM	POWER PUMP	SHELLY	MAIN STUDIO
10:30 AM	SILVER SNEAKERS	ELIZABETH	MAIN STUDIO
12:10 PM	KARDIO KICK	DOUG	MAIN STUDIO
4:30 PM	PUMP	SHELLY	MAIN STUDIO
5:30 PM	SPINNING ®	STEPHANIE	SPIN STUDIO
5:30 PM	STEP CHALLENGE	KARI	MAIN STUDIO
6:30 PM	SPINNING ®	STEPHANIE	SPIN STUDIO
6:30 PM	YOGA	KIM G	MULTI PURPOSE
6:45 PM	ZUMBA®	SHELLY	MAIN STUDIO

TUESDAY

TIME	CLASS	INSTRUCTOR	LOCATION
5:10 AM	BODY PUMP ®	AMELIA	MAIN STUDIO
5:15 AM	SPINNING ®	RICHARD	SPIN STUDIO
5:15 AM	FUNCTIONAL FIT	MATT	GYM
8:20 AM	YOGA	SUZANNE	MAIN STUDIO
9:20 AM	KARDIO KICK	DOUG	MAIN STUDIO
10:30 AM	ZUMBA®	ELIZABETH	MAIN STUDIO
12:10 PM	POWER PUMP	SHELLY	MAIN STUDIO
4:30 PM	CARDIO & TONE	ELIZABETH	MAIN STUDIO
5:30 PM	PILATES	DOTTI	MAIN STUDIO
5:30 PM	SPINNING ®	PRISCILLA	SPIN STUDIO
6:30 PM	KARDIO KICK	DOTTI	MAIN STUDIO
6:30 PM	SPINNING ®	PRISCILLA	SPIN STUDIO

WEDNESDAY

TIME	CLASS	INSTRUCTOR	LOCATION
5:15 AM	STEP CHALLENGE	MELISSA	MAIN STUDIO
5:15 AM	SPINNING ®	JULIE	SPIN STUDIO
8:15 AM	SPINNING ®	CAROL	SPIN STUDIO
8:20 AM	YOGA	SUZANNE	MAIN STUDIO
9:20 AM	POWER PUMP	ELIZABETH	MAIN STUDIO
10:30 AM	SILVER SNEAKERS	DOUG	MAIN STUDIO
12:10 PM	KARDIO KICK	DOUG	MAIN STUDIO
4:30 PM	BOOT CAMP	PRISCILLA	MAIN STUDIO
5:30 PM	SPINNING ®	PRISCILLA	SPIN STUDIO
5:30 PM	BODY PUMP ®	AMELIA	MAIN STUDIO
6:30 PM	SPINNING ®	AMELIA	SPIN STUDIO
6:40 PM	YOGA	KIM G	MAIN STUDIO

THURSDAY

TIME	CLASS	INSTRUCTOR	LOCATION
5:10 AM	BODY FIT	LORA	MAIN STUDIO
5:15 AM	SPINNING ®	RICHARD	SPIN STUDIO
5:15 AM	FUNCTIONAL FIT	MATT	GYM
8:20 AM	YOGA	JOLLEEN	MAIN STUDIO
9:20 AM	KARDIO KICK	DOUG	MAIN STUDIO
10:30 AM	ZUMBA ®	ELIZABETH	MAIN STUDIO
12:10 PM	POWER PUMP	SHELLY	MAIN STUDIO
4:30 PM	CARDIO & TONE	ELIZABETH	MAIN STUDIO
5:30 PM	PILATES	DOTTI	MAIN STUDIO
5:30 PM	SPINNING ®	RICHARD	SPIN STUDIO
6:30 PM	ZUMBA®	DOTTI	MAIN STUDIO
6:30 PM	SPINNING ®	RICHARD	SPIN STUDIO

FRIDAY

TIME	CLASS	INSTRUCTOR	LOCATION
5:15 AM	STEP CHALLENGE	AMELIA	MAIN STUDIO
5:15 AM	SPINNING ®	JULIE	SPIN STUDIO
8:20 AM	YOGA	KATHLEEN	MAIN STUDIO
9:20 AM	SPINNING ®	ELIZABETH	SPIN STUDIO
9:20 AM	POWER PUMP	SHELLY	MAIN STUDIO
10:30 AM	SILVER SNEAKERS	DOUG	MAIN STUDIO
12:10 PM	KARDIO KICK	DOUG	MAIN STUDIO
4:30 PM	BOOT CAMP	MELISSA	MAIN STUDIO
5:30 PM	ZUMBA	SHELLY	MAIN STUDIO

SATURDAY

TIME	CLASS	INSTRUCTOR	LOCATION
8:20 AM	FAMILY YOGA	SUZANNE/KATHLEEN	MAIN STUDIO
9:00 AM	SPINNING ®	KARLA	SPIN STUDIO
10:15 AM	KARDIO KICK	LEE ANN	MAIN STUDIO
10:15 AM	KIDS ZUMBA	SHELLY	Y&T GYM

SUNDAY

TIME	CLASS	INSTRUCTOR	LOCATION
2:30 PM	KARDIO KICK	LEE ANN	MAIN STUDIO
2:30 PM	SPINNING ®	AMELIA/JULIE	SPIN STUDIO

YOUTH AND TEEN CENTER HOURS

M-THURS	4 PM - 8 PM
FRIDAYS	4 PM - 7 PM
SATURDAY	10 AM - 2 PM
SUNDAY	2 PM - 5 PM

* WE WILL START WATER AEROBICS BACK IN THE SPRING!!!