

2017 FITNESS SCHEDULE

FITNESS ROOM							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Daytime Classes 5:35 am-4:30 pm	30/30 Cycle Power 5:35-6:35 am Cindy H.	Boot Camp 5:35-6:35 am Stephanie	Indoor Cycle 5:35-6:35 am Carrie	Boot Camp 5:35-6:35 am Stephanie			
	*BODYPUMP™ 9:15 - 10:15 am Suzi		*BODYPUMP™/ Pilates 9:15 - 10:15 am Suzi	Cardio-Kickboxing 9:30 - 10:15 am Cindy K. New! Starts 9/21	Strength & Tone 8:30-9:30 am Tana	*BODYPUMP™ 8:15-9:15 am Belia	
	SilverSneakers® Classic 10:30-11:30 am Suzi	Zumba® Gold 10:00-11 am Cindy C.	SilverSneakers® Circuit 10:30-11:30 am Suzi	SilverSneakers® Cardio 10:30-11:30 am Suzi	SilverSneakers® Classic 10:30-11:30 am Cher	Zumba®Toning 9:30 - 10:30 am Carrie	
	30 Minute HIIT 12:00-12:30 pm Heather		30 Minute HIIT 12:00-12:30 pm Heather	*BODYPUMP™ 12:00 - 12:30 pm Suzi New! Starts 9/14	30 Minute HIIT 12:00-12:30 pm Heather		Zumba® Family 3:45-4:30pm
Evening Classes 4:45-8:30 pm	30 min HIIT Cycle 5:45 - 6:15 pm Cindy K.	*BODYPUMP™ 4:45 - 5:45 pm Amanda	30 min HIIT Cycle 5:45 - 6:15 pm Cindy K.	*BODYPUMP™ 4:45 -5:45 pm Cindy K.			
	*BODYPUMP™ 6:30 - 7:15 pm Cindy K.	Zumba® 6:00 - 6:50 pm JoAne	Power Sculpt 6:30 - 7:15 pm Cindy K.	Zumba® 6:00 - 6:50 pm Cindy K.			
	Zumba® 7:30-8:30 pm Carrie	Insane Interval 7:05 - 8:05 pm Sara	Zumba® 7:30-8:30 pm Ruth	Insane Interval 7:05 - 8:05 pm Heather			
MIND/BODY - AEROBICS ROOM							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Daytime Classes 5:35 am-1:00 pm		All Levels Yoga 8:00-9:00 am Shannon	Energy Flow Yoga 8:00-9:00 am Evanne New! Starts 9/20	All Levels Yoga 8:00-9:00 am Shannon	PiYo® 9:30-10:30 am Cindy C. New! Starts 9/15	Align n Flow 8:15-9:15 am Barb	
	Gentle Yoga Autumn 10:15-11:15 am	9:15 - 11:15 am Legacy School of Dance \$\$		Gentle Yoga 10:15-11:15 am Sara		10:00-11:30 am Bennett's Karate \$\$	
		Tai Chi 11:30am-12:30 pm Robb	Tai Chi 11:30am-12:30 pm Robb	Tai Chi 11:30am-12:30 pm Robb			
	Mat Pilates 12:00-1:00 pm Suzi						
Evening Classes 4:30 - 8:45 pm	Intro to Yoga 5:30-6:00 pm Barb **First Monday of the month only **	3:30-8:45 pm Legacy School of Dance \$\$	4:00-5:30 pm Legacy School of Dance \$\$	3:15-6:45 pm Legacy School of Dance \$\$	YOUNG YOGI'S 4:30-5:15pm Autumn Starts 9/15		
	Align n Flow 6:00-7:00 pm Barb		All Levels Yoga 6:00-7:00 pm Shannon	6:45-7:45 pm Bennett's Karate \$\$			
			Resorative Yoga 7:10-8:10 pm Barb				
GYM							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30-10:30am		Interval Heather		Interval Heather	More detailed Gym Schedule on reverse side		
SENIOR CENTER							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:30-11:30am				Tai Chi Robb			
Cycle	Intense	Moderate	SilverSneakers®	Mind/Body	Dance	Karate	Zumba

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DROP IN GYM SCHEDULE							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00am-12:00 pm	South Court Pickleball	South Court Pickleball	South Court Pickleball	South Court Pickleball	South Court Pickleball		
	North Court Open	North Court Open *Court closed 9:15-10:35am - Interval Class	North Court Open	North Court Open *Court closed 9:15-10:35am - Interval Class	North Court Open	Youth Sports	
12:00-2:00 pm	Open Courts	Open Courts	Open Courts	Open Courts	Open Courts		
2:00-5:00 pm	Open Courts	Open Courts	Open Courts	Open Courts	Open Courts	Open Courts	Open Courts
5:00-9:00 pm	Due to Youth Sports - Courts are subject to closure						
AQUA FITNESS							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-7:00 am		Circuit Katy		Circuit Katy			
8:00-9:00 am	PowerWaves Debbie	CardioWaves 8:15-9:00 am Debbie	PowerWaves Debbie	DeepWater Aqua Tone 8:15-9:00 am Debbie	PowerWaves Debbie	River Insanity 8:15-9:00 am Tracy	
9:00-10:00 am	Aqua Power Debbie	Aqua Tone Debbie	Aqua Power Debbie		Aqua Power Debbie	Sha-Deep 360 9:00-9:45 am Tracy	
9:30 - 10:30 am						Prenatal 9:45-10:30 am Tracy	
7:00-8:00 pm	Aqua Nuts Debbie	AQUA BOOT CAMP Tracy	Aqua Nuts Debbie	AQUA BOOT CAMP Tracy			
Group Exercise Classes are included for pass holders and with a drop in admission. Youth 13-14 must complete Junior Trainers program to use cardio equipment/weight room with parent/guardian. Youth ages 13-14 may attend group exercise classes with a parent/guardian and with the Fitness Coordinator and instructor's approval. Classes are subject to change.							
Intense	Moderate	Deep Water	SilverSneakers®	Pickleball	Basketball	Youth Sports	Open