

# 2018 FITNESS SCHEDULE

## FITNESS ROOM

**\*DUE TO POPULARITY AND LIMITED EQUIPMENT, CLASSES WITH AN ASTERISK REQUIRE A # CARD. OBTAIN A CARD FROM GUEST SERVICES\***

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Daytime Classes</b> 5:35 am-4:30 pm	<b>30/30 Cycle Power</b> 5:35-6:35 am Cindy H.	<b>Boot Camp</b> 5:35-6:35 am Stephanie	<b>Indoor Cycle</b> 5:35-6:35 am Carrie	<b>Boot Camp</b> 5:35-6:35 am Stephanie	<b>Indoor Cycle</b> 5:35-6:35 am Stephanie <b>Jan thru May only</b>		
	<b>*BODYPUMP™</b> 9:15-10:15am Suzi		<b>*BODYPUMP™/Pilates</b> 9:15-10:15am Suzi		<b>Cardio/Core</b> 8:30 - 9:15 am Amanda	<b>*BODYPUMP™</b> 8:15-9:15 am Belia	
	<b>*SilverSneakers® Classic</b> 10:30-11:30 am Amanda	<b>Zumba® Gold</b> 10:00-11 am Cindy C.	<b>*SilverSneakers® Circuit</b> 10:30-11:30 am Suzi	<b>SilverSneakers® Cardio</b> 10:30-11:30 am Suzi	<b>*SilverSneakers® Classic</b> 10:30-11:30 am Cher	<b>Zumba®Toning</b> 9:30 - 10:30 am Carrie	
	<b>30 Minute HIIT</b> 12:00-12:30 pm Erika		<b>30 Minute HIIT</b> 12:00-12:30 pm Erika	<b>*BODYPUMP™</b> 12:00 - 12:45 pm Suzi	<b>30 Minute HIIT</b> 12:00-12:30 pm Erika		<b>Zumba® Family</b> 3:45-4:30pm
<b>Evening Classes</b> 4:45-8:30 pm	<b>*30 min HIIT Cycle</b> 5:15 - 5:45 pm Cindy K. <b>*30 min HIIT Cycle</b> 5:50 pm - 6:20 pm	<b>*BODYPUMP™</b> 4:45 -5:45 pm Amanda	<b>*30 min HIIT Cycle</b> 5:45 - 6:15 pm Cindy K.	<b>*BODYPUMP™</b> 4:45 -5:45 pm Amanda			
	<b>*BODYPUMP™</b> 6:30 - 7:15 pm Cindy K.	<b>*Zumba®</b> 6:00 - 6:50 pm Cindy K.	<b>Power Sculpt</b> 6:30 - 7:15 pm Cindy K.	<b>*Zumba®</b> 6:00 - 6:50 pm Sara H.			
	<b>*Zumba®</b> 7:30-8:30 pm Carrie	<b>Cardio-Kickboxing</b> 7:00-7:45 pm Cindy K.	<b>*Zumba®</b> 7:30-8:30 pm Ruth				

## MIND/BODY - AEROBICS ROOM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Daytime Classes</b> 5:35 am-1:00 pm	<b>Core Fusion Yoga</b> 6:45-7:45 am Kelsey		<b>Core Fusion Yoga</b> 6:45-7:45 am Kelsey				
		<b>All Levels Yoga</b> 8:00-9:00 am Shannon	<b>All Levels Yoga</b> 8:00-9:00 am Evanne	<b>All Levels Yoga</b> 8:00-9:00 am Shannon	<b>PiYo®</b> 9:30-10:30 am Cindy C.	<b>Align n Flow</b> 8:15-9:15 am Barb	
		9:15 - 11:15 am <b>Legacy School of Dance</b> \$\$		<b>Gentle Yoga</b> 10:30-11:15 am Evanne		10:00-11:30 am <b>Bennett's Karate</b> \$\$	
		<b>Tai Chi</b> 11:30am-12:30 pm Robb	<b>Tai Chi</b> 11:30am-12:30 pm Robb	<b>Tai Chi</b> 11:30am-12:30 pm Robb			
		<b>Mat Pilates</b> 12:00-1:00 pm Suzi					
<b>Evening Classes</b> 4:30 - 8:45 pm		3:30-8:45 pm <b>Legacy School of Dance</b> \$\$	4:00-5:30 pm <b>Legacy School of Dance</b> \$\$	3:15-6:45 pm <b>Legacy School of Dance</b> \$\$			
	<b>PiYo®</b> 5:00-5:45pm Cindy C. <b>Starts 4/16</b>						
	<b>Align n Flow</b> 6:00-7:00 pm Barb		<b>All Levels Yoga</b> 6:00-7:00 pm Autumn	<b>6:45-7:45 pm</b> <b>Bennett's Karate</b> \$\$			
			<b>Resorative Yoga</b> 7:10-8:10 pm Barb				

## GYM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30-10:15am		<b>Power Circuit</b> Erika		<b>Power Circuit</b> Erika	More detailed Gym Schedule on reverse side		

## SENIOR CENTER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:30-11:30am				<b>Tai Chi</b> Robb			
<b>Cycle</b>	<b>Intense</b>	<b>Moderate</b>	<b>SilverSneakers®</b>	<b>Mind/Body</b>	<b>Dance</b>	<b>Karate</b>	<b>Zumba</b>

# 2018 FACILITY SCHEDULE

DROP IN GYM SCHEDULE							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00am-12:00 pm	South Court <b>Pickleball</b>	South Court <b>Pickleball</b>	South Court <b>Pickleball</b>	South Court <b>Pickleball</b>	South Court <b>Pickleball</b>		
	North Court Open	North Court Open <b>*Court closed 9:15-10:35am - Fitness Class</b>	North Court Open	North Court Open <b>*Court closed 9:15-10:35am - Fitness Class</b>	North Court Open	<b>Youth Sports</b>	
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		<b>Circuit</b> Katy		<b>Circuit</b> Katy			
8:00-9:00 am	<b>PowerWaves</b> Debbie	<b>CardioWaves</b> Debbie	<b>PowerWaves</b> Debbie	<b>CardioWaves</b> Debbie	<b>PowerWaves</b> Debbie	<b>River Insanity</b> 8:15-9:00 am Tracy	
9:00-10:00 am	<b>Aqua Power</b> Debbie	<b>Aqua Tone</b> Debbie	<b>Aqua Power</b> Debbie	<b>Deep Water Aqua Tone</b> Debbie	<b>Aqua Power</b> Debbie	<b>Sha-Deep 360</b> 9:00-10:00 am Tracy	
9:30 - 10:30 am						<b>Prenatal</b> 10:00-10:45 am Tracy	
7:00-8:00 pm		<b>AQUA BOOT CAMP</b> 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. <b>Note: No one under the age of 15 may attend Bodypump™.</b> Classes are subject to change.							
Intense	Moderate	Deep Water	SilverSneakers®	Pickleball	Basketball	Youth Sports	Open