

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
Daytime Classes 5:35 am-4:30 pm	Indoor Cycle 5:35-6:35 am Robin	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™ 9:15-10:15am Suzi		*BODYPUMP™/Pilates 9:15-10:15am Suzi		Cardio/Core 8:30 - 9:15 am Amanda	*BODYPUMP™ 8:15-9:15 am Belia	
	*SilverSneakers® Classic 10:30-11:30 am Amanda	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 Erika		30 Minute HIIT 12:00-12:30 pm Erika	*BODYPUMP™ 12:00 - 12:45 pm Suzi	30 Minute HIIT 12:00-12:30 pm Erika		
Evening Classes 4:45-8:30 pm	*30 min HIIT Cycle 5:15 - 5:45 pm Cindy K. *30 min HIIT Cycle 5:50 pm - 6:20 pm	*BODYPUMP™ 4:45 -5:45 pm Amanda	*30 min HIIT Cycle 5:45 - 6:15 pm Cindy K.	*BODYPUMP™ 4:45 -5:45 pm Amanda			
	*BODYPUMP™ 6:30 - 7:15 pm Cindy K.	*Zumba® 6:00 - 6:50 pm Cindy K.	Power Sculpt 6:30 - 7:15 pm Cindy K.	*Zumba® 6:00 - 6:50 pm Sara H.			
	*Zumba® 7:30-8:30 pm Carrie	Cardio-Kickboxing 7:00-7:45 pm Cindy K.	*Zumba® 7:30-8:30 pm Ruth	P90X® 7:00-7:45 pm Ashley Starts June 7th			

MIND/BODY - AEROBICS ROOM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Daytime Classes 5:35 am-1:00 pm	Core Fusion Yoga 6:45-7:45 am Kelsey		Core Fusion Yoga 6:45-7:45 am Kelsey				
		All Levels Yoga 8:00-9:00 am Shannon	All Levels Yoga 8:00-9:00 am Evanne	All Levels Yoga 8:00-9:00 am Shannon	PiYo® 9:30-10:30 am Cindy C.	Align n Flow 8:15-9:15 am Barb	
		9:15 - 11:15 am Legacy School of Dance \$\$			Gentle Yoga 10:30-11:15 am Evanne	10:00-11:30 am Bennett's Karate \$\$	
	Gentle Yoga Autumn 10:30-11:30 am						
		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		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 \$\$			
	PiYo® 5:00-5:45pm Cindy C.						
	Align n Flow 6:00-7:00 pm Barb		All Levels Yoga 6:00-7:00 pm Autumn	6:45-7:45 pm Bennett's Karate \$\$			
			Resorative Yoga 7:10-8:10 pm Barb				

GYM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30-10:15am		Power Circuit Erika		Power Circuit Erika	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

2018 FACILITY SCHEDULE

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 9:00-10:40am - Fitness Class	North Court Open	North Court Open *Court closed 9:00-10:40am - Fitness 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			
7:00-7:45 am		CardioWaves Debbie		CardioWaves Debbie			
8:00-9:00 am	PowerWaves Debbie	CardioWaves Debbie	PowerWaves Debbie	CardioWaves Debbie	PowerWaves Debbie		
9:00-10:00 am	Aqua Power Debbie	Aqua Tone Debbie	Aqua Power Debbie	Deep Water Aqua Tone Debbie	Aqua Power Debbie		
7:00-7:45 pm		AQUA BOOT CAMP Debbie		AQUA BOOT CAMP Debbie			

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. **Note: No one under the age of 15 may attend Bodypump™.**
Classes are subject to change.

Intense	Moderate	Deep Water	SilverSneakers®	Pickleball	Basketball	Youth Sports	Open
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