


















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 Temporarily canceled	Boot Camp 5:35-6:35 am Stephanie	Indoor Cycle 5:35-6:35 am Carrie	Boot Camp 5:35-6:35 am Stephanie			NO CHILDREN UNDER THE AGE OF 13 ALLOWED IN FITNESS CLASSES UNLESS STATED OTHERWISE. BODYPUMP 15+	
	 LES MILLS BODYPUMP 9:15-10:15 am Suzi	Power Circuit 9:30-10:15 am Amanda (GYM)	 LES MILLS BODYPUMP Pilates Fusion 9:15-10:15 am Suzi	Power Circuit 9:30-10:15 am Erika (GYM)	Cardio/Core 9:15-10:00 am Amanda W.	 LES MILLS BODYPUMP 8:15-9:15 am Suzi, Amanda or Cindy		
	 Classic 10:30-11:30 am Amanda W.	 ZUMBA 10:00-11:00 am Cindy C.	 Circuit 10:30-11:30 am Suzi	 Cardio 10:30-11:30 am Suzi	 Classic 10:30-11:30 am Cher			
		 YogaStretch 1:45 - 2:30 pm Karen		 LES MILLS BODYPUMP 12:00 - 12:45 pm Suzi				
Evening Classes 4:45-8:30 pm	*30 min HIIT Cycle 5:10 - 5:40 pm Cindy K. *30 min HIIT Cycle 5:45 pm - 6:15 pm Cindy K.	 LES MILLS BODYPUMP 4:45-5:45 pm Amanda W.	*30 min HIIT Cycle 5:10 - 5:40 pm Cindy K. *30 min HIIT Cycle 5:45 pm - 6:15 pm Cindy K.	 LES MILLS BODYPUMP 4:45-5:45 pm Amanda W.				
	 LES MILLS BODYPUMP 6:25 - 7:25 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					

MIND/BODY - AEROBICS ROOM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
Daytime Classes 5:35 am-1:00 pm		BARRE above 5:35-6:35 am Katy		BARRE above 5:35-6:35 am Katy	Core Fusion Yoga 8:00-9:00 am Kelsey			
		All Levels Yoga 8:00-9:00 am Amanda V.	All Levels Yoga 8:00-9:00 am Evanne	All Levels Yoga 8:00-9:00 am Evanne	 PIYO 9:30-10:30 am Cindy C.	Align n Flow 8:15-9:15 am Barb		
	Gentle Yoga 10:30-11:30 am Amanda V.	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 \$\$		
	Mat Pilates 12:00-1:00 pm Suzi	Tai Chi 11:30am-12:30 pm Robb	Tai Chi 11:30am-12:30 pm Robb	Tai Chi 11:30am-12:30 pm Robb	BARRE above 11:30am-12:15pm Erika			
Evening Classes 3:15 - 8:45 pm		3:30 - 8:30 pm Legacy School of Dance \$\$	4:00-5:30 pm Legacy School of Dance \$\$	4:00 - 7:30 pm Legacy School of Dance \$\$	3:30 - 6:30 pm Legacy School of Dance \$\$			
	BARRE above 5:00-5:45pm Cindy C.					All Levels Yoga 6:00-7:00 pm Amanda V.		
	Align n Flow 6:00-7:00 pm Barb		Resorative Yoga 7:10-8:10 pm Barb			6:45-7:45 pm Bennett's Karate \$\$ Multipurpose room		

SENIOR CENTER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:30-11:30am			 Stability 10:30-11:15am Marilyn	Tai Chi Robb			

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

Due to Youth Sports - Courts are subject to closure. Courts may close at any time due to special events.

AQUA FITNESS							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-7:00 am		Circuit Katy F.		Circuit Katy F.			
7:15-8:00 am		CardioWaves Debbie J.		CardioWaves Debbie J.			
8:00-9:00 am	PowerWaves 8:00-9:00 Debbie J.	CardioWaves 8:15-9:00 Debbie J.	PowerWaves 8:00-9:00 Debbie J.	CardioWaves 8:15-9:00 Debbie J.	PowerWaves 8:00-9:00 Debbie S.		
9:00-10:00 am	Aqua Power Debbie J.	Aqua Tone Debbie J.	Aqua Power Debbie J.	Deep Water Aqua Tone Debbie J.	Aqua Power Debbie S.	AQUA ZUMBA® Cindy K. 9:45-10:45 *Starts Oct 6	
7:00-7:45 pm		AQUA BOOT CAMP Debbie S.		AQUA BOOT CAMP Debbie S.			

Group Exercise Classes are included for pass holders and with 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 or be canceled without notice.