

2019 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 Cathy	Boot Camp 5:35-6:35 am Stephanie	Indoor Cycle 5:35-6:35 am Carrie	Boot Camp 5:35-6:35 am Stephanie	Indoor Cycle 5:35-6:35 am Cathy		NO CHILDREN UNDER THE AGE OF 13 ALLOWED IN FITNESS CLASSES UNLESS STATED OTHERWISE. ALL LES MILLS CLASSES 15+	
	LES MILLS BODYPUMP 9:15-10:15 am Suzi (Amanda W. subbing)	Power Circuit 9:30-10:15 am Nichole (GYM)	LES MILLS BODYPUMP Pilates Fusion 9:15-10:15 am Suzi (Amanda W. subbing)	Power Circuit 9:30-10:15 am Erika (GYM)	LES MILLS GRIT CARDIO LES MILLS CXWORX GRIT: 9:15-9:45 am CX: 9:50-10:20 am Amanda W.	LES MILLS BODYPUMP 8:15-9:15 am Amanda, Janine or Cathy		
	SilverSneakers Classic 10:30-11:30 am Amanda W.	ZUMBA 10:00-11:00 am Cindy C.	SilverSneakers Circuit 10:30-11:30 am Amanda W. (subbing)	SilverSneakers Cardio 11:00-11:45 am Carrie (subbing)	SilverSneakers Classic 10:30-11:30 am Amanda W.			
	LES MILLS GRIT ATHLETIC 12:00-12:30pm Janine		LES MILLS GRIT STRENGTH 12:00-12:30pm Janine	LES MILLS BODYPUMP 12:00 - 12:45 pm Suzi (Janine subbing)				
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 Janine	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	LES MILLS GRIT ATHLETIC 7:15-7:45 pm Amanda W.	ZUMBA 7:30-8:30 pm Ruth	LES MILLS GRIT STRENGTH 7:15-7:45pm Janine				

MIND/BODY - AEROBICS ROOM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Daytime Classes 5:35 am-1:00 pm	BARPE above 5:35-6:35 am Katy		BARPE above 5:35-6:35 am Erika		All Levels 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 Amanda V.	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 10:15-11:15 am Amanda V.	9:15 - 11:15 am Legacy School of Dance \$\$		Gentle Yoga 10:15-11:15 am Evanne W.		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	BARPE 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 \$\$		
	Align n Flow 6:00-7:00 pm Barb		All Levels Yoga 6:00-7:00 pm Amanda V.				
			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
9:15-11:30am			SilverSneakers Stability 10:30-11:15am Marilyn *New time 9:00am Begins July 24	Tai Chi Robb 10:30-11:30			

2019 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	Youth Sports	
	North Court Open	North Court Open *Court closed 9:00-10:30am Fitness Class	North Court Open	North Court Open *Court closed 9:00-10:30am Fitness Class	North Court Open		Open Courts 10:00am- 1:00pm
12:00-2:00 pm	Open Courts	Open Courts	Open Courts	Open Courts	Open Courts		Adult Sports 1:00-5:00pm
2:00-5:00 pm	Open Courts	Open Courts	Open Courts	Open Courts	Open Courts		

Courts are subject to closure due to district events.

AQUA FITNESS							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Daytime Classes 6:00-10:45 am		Circuit 6:00-7:00 am Cindy K.		Circuit 6:00-7:00 am Cindy K.			
		River Extreme 8:00-9:00 Debbie S.		River Extreme 8:00-9:00 Debbie S.	River Strength 8:00-9:00 Debbie S.		
	Aqua Power 9:00-10:00 am Amanda W.	Aqua Power 9:00-10:00 am Debbie S.	Aqua Power 9:00-10:00 am Debbie S.	Deep Water Aqua Tone 9:00-10:00 am Debbie S.	Aqua Power 9:00-10:00 am Debbie S.	Aqua Zumba® Cindy K. 9:45-10:45	
Evening Classes		Aqua Zumba® 7:00-8:00pm Cindy K.					

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™ or GRIT™ classes.

Classes are subject to change or be canceled without notice.