


# Fitness Schedule --- SPRING 2017 --

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>6:00-7:00 AM</b> Spinning® Cathy C. Spinning® Room	<b>7:30-8:30 AM</b> Body Pump Susan Aerobic Studio	<b>6:00-7:00 AM</b> Spinning® Cathy C. Spinning® Room	<b>7:30-8:30 AM</b> Body Pump Susan Aerobic Studio	<b>6:00-7:00 AM</b> Spinning® Cathy C. Spinning® Room	
<b>9:00-10:00AM</b> Pilates Brenda Dance Studio		<b>9:00-10:00 AM</b> Pilates Brenda Dance Studio		<b>9:00-10:00 AM</b> Pilates Brenda Dance Studio	<b>9:00-10:00 AM</b> Spinning® Cathy G. Spinning® Room
<b>8:30-9:00 AM</b> SS - BOOM MOVE IT Linda Activity Center		<b>8:30-9:00 AM</b> SS - BOOM MUSCLE Linda Activity Center			<b>9:30-10:30 AM</b> Begin Boot Camp Kalyn Aerobic Room
<b>9:00-9:30 AM</b> SS - BOOM MIND Linda Activity Center		<b>9:00-9:30 AM</b> SS - BOOM MIND Linda Activity Center	<b>9:45-10:30 AM</b> SS SilverSpinning® Amy Spinning® Room		<b>9:30-10:30 AM</b> Yoga Danielle Dance Studio
<b>9:30-10:30 AM</b> SS Cardio Circuit Linda Activity Center	<b>9:30-10:30 AM</b> SS Classic Marilyn Activity Center	<b>9:30-10:30 AM</b> SS Cardio Circuit Linda Activity Center	<b>9:30-10:30 AM</b> SS Classic Marilyn Activity Center	<b>9:30-10:30 AM</b> SS Cardio Circuit Linda Activity Center	
<b>9:30-10:30 AM</b> Morning Workout Nancy B. Aerobic Room		<b>9:30-10:30 AM</b> Morning Workout Nancy B. Aerobic Room	<b>10:00-10:30 AM</b> BARRE Danielle Dance Studio	<b>9:30-10:30 AM</b> Morning Workout Nancy B. Aerobic Room	<b>FLIP FOR EVENING CLASSES!</b> 
<b>9:45-10:30 AM</b> SS SilverSpinning® Amy Spinning® Room	<b>10:00-11:00 AM</b> Yoga Danielle Aerobics Studio		<b>10:30-11:00 AM</b> Beginner's YOGA Danielle Dance Studio		
<b>11:00-12:00 PM</b> SS Senior Splash Danielle Pool		<b>10:45-11:45 AM</b> SS Yoga for Seniors Danielle Aerobic Room	<b>11:00-12:00 PM</b> SS Senior Splash Danielle Pool	<b>11:00 AM-12:00 PM</b> Praise Moves Tom Aerobics Studio	

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>4:30-5:30 PM</b>		<b>4:30-5:30 PM</b>		
	<b>5:30-6:00 PM</b> BARRE Danielle Dance Studio				
<b>5:00-6:00 PM</b> Spinning® Kim Spinning® Room	<b>6:00-7:00 PM</b> PIYO Danielle Dance Studio	<b>5:30-6:00 PM</b> HIIT Judy Dance Studio	<b>6:00-7:00 PM</b> Yoga Danielle Dance Studio	<b>5:30-6:00 PM</b> HIIT Judy Aerobics Studio	
<b>5:30-6:00 PM</b> HIIT Judy Dance Studio	<b>6:00-7:00</b> Beginner Boot Camp Kalyn Aerobic Studio	<b>6:00-7:00 PM</b> Better Body Boot Camp Kalyn Aerobic Room	<b>6:00-7:00</b> Beginner Boot Camp Kalyn Aerobic Studio		
<b>6:00-7:00 PM</b> Better Body Boot Camp Kalyn Aerobic Room	<b>6:00-7:00 PM</b> Spinning® Cathy Spinning® Room		<b>6:00-7:00 PM</b> Spinning® Kim Spinning® Room		
<b>6:30-7:30 PM</b> Wet N Wild Trish P. Pool	<b>7:00-8:00 PM</b> <b>P90X</b> <b>Amy Markle</b> <b>Aerobics Studio</b>	<b>6:30-7:30 PM</b> Wet N Wild Trish P. Pool	<b>7:00-8:00 PM</b> <b>P90X</b> <b>Amy Markle</b> <b>Aerobics Studio</b>	<b>6:30 PM</b> Jump Rope - Closed Class Laurie W. Dance Studio	

**This Schedule is subject to change as we add new classes and take other classes of the schedule.**

**Please check the wecome center for any updates to the monthly schedule!**