



Fitness Schedule -- 2017 --

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-7:00 AM Spinning® Cathy C. Spinning® Room	7:30-8:30 AM Body Pump Susan Aerobic Studio	6:00-7:00 AM Spinning® Cathy C. Spinning® Room	7:30-8:30 AM Body Pump Susan Aerobic Studio	6:00-7:00 AM Spinning® Cathy C. Spinning® Room	8:15-9:15 AM Zumba® Kelsey Dance Studio
9:00-10:00AM Pilates Brenda Dance Studio		9:00-10:00 AM Pilates Brenda Dance Studio		9:00-10:00 AM Pilates Brenda Dance Studio	9:00-10:00 AM Spinning® Cathy G. Spinning® Room
10:00-10:30 AM Toning Class Brenda Dance Studio		10:00-10:30 AM Toning Class Brenda Dance Studio			9:30-10:30 AM Begin Boot Camp Kalyn Aerobic Room
8:30-9:00 AM SS - BOOM MOVE IT Linda Activity Center		8:30-9:00 AM SS - BOOM MUSCLE Linda Activity Center	9:45-10:30 AM SS SilverSpinning® Amy Spinning® Room		9:30-10:30 AM Yoga Danielle Dance Studio
9:00-9:30 AM SS - BOOM MIND Linda Activity Center	9:30-10:30 AM SS Classic Marilyn Activity Center	9:00-9:30 AM SS - BOOM MIND Linda Activity Center	9:30-10:30 AM SS Classic Marilyn Activity Center	9:30-10:30 AM SS Cardio Circuit Linda Activity Center	
9:30-10:30 AM SS Cardio Circuit Linda Activity Center		9:30-10:30 AM SS Cardio Circuit Linda Activity Center	10:00-10:30 AM BARRE Danielle Dance Studio	9:30-10:30 AM Morning Workout Nancy B. Aerobic Room	FLIP FOR EVENING CLASSES! 
9:30-10:30 AM Morning Workout Nancy B. Aerobic Room	10:00-11:00 AM Yoga Danielle Aerobics Studio	9:30-10:30 AM Morning Workout Nancy B. Aerobic Room	10:30-11:00 AM Beginner's YOGA Danielle Dance Studio		
9:45-10:30 AM SS SilverSpinning® Amy Spinning® Room		10:45-11:45 AM SS Yoga for Seniors Danielle Aerobic Room	11:00-12:00 PM SS Senior Splash Danielle Pool	11:00 AM-12:00 PM Praise Moves Tom Aerobics Studio	

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:00-12:00 PM SS Senior Splash Danielle Pool	4:30-5:30 PM		4:30-5:30 PM		
	5:30-6:00 PM BARRE Danielle Dance Studio				
5:00-6:00 PM Spinning® Kim Spinning® Room	6:00-7:00 PM PIYO Danielle Dance Studio	5:30-6:00 PM HIIT Judy Dance Studio	6:00-7:00 PM Yoga Danielle Dance Studio	5:30-6:00 PM HIIT Judy Aerobics Studio	
5:30-6:00 PM HIIT Judy Dance Studio	6:00-7:00 Beginner Boot Camp Kalyn Aerobic Studio	6:00-7:00 PM Better Body Boot Camp Kalyn Aerobic Room	6:00-7:00 Beginner Boot Camp Kalyn Aerobic Studio		
6:00-7:00 PM Better Body Boot Camp Kalyn Aerobic Room	6:00-7:00 PM Spinning® Cathy Spinning® Room	6:15-7:15 PM Zumba® Kelsey Dance Studio	6:00-7:00 PM Spinning® Kim Spinning® Room		
6:30-7:30 PM Wet N Wild Trish P. Pool	7:00-8:00 PM P90X Amy Markle Aerobics Studio	6:30-7:30 PM Wet N Wild Trish P. Pool	7:00-8:00 PM P90X Amy Markle Aerobics Studio	6:30 PM 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!

Revised: 6/28/17