



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

September 3 – November 3

Classes may be canceled if we do not have enough interest to conduct a class. Please register for all classes to secure your place in the class. Registering in advance guarantees placement and allows us to contact registrants in case of changes.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 - 6:30 am Cardio & Strength Intervals w/ Diane D.	5:30 - 6:30 am Lower Body Sculpt w/ Teresa	5:30 - 6:30 am Cycle & Core w/ Ann C.	5:30 - 6:30 am Upper Body Sculpt w/ Teresa	5:30 - 6:30 am Spin w/ Pegi		
7:45 am ABS-olutely w/ Ann	8:30 am Turbo Kick w/ Steph	7:40 am ABS-olutely w/ Ann	8:30 - 9:30 am P90X w/ Steph	8:00 am Spin, Strength, Stretch w/ Teresa	9:30-10:45 am HEAT! high energy athletic training w/ Shan	9:15 - 10:15 KB Tabata Weight Training w/ Jaci
9:45 - 10:45 am 50+ Fit & Fabulous w/ Kim	9:30 am TRX TRIX w/ Shan	9:45 am 50 + Fit & Fabulous w/ Kim	9:30 - 10:15 Cardio Blast in Fitness Center w/ Shan	9:45 - 10:45 am 50+ Fit & Fabulous w/ Kim		10:15-10:45 Core Strength & Stretch w/ Jaci
11 am - 12 pm Silver Sneakers w/ Kim		11 am - 12 pm Silver Sneakers w/ Kim	10:15 Meditate w/ Diane		BOLD lettering indicates new classes!	<i>Color Coded</i> Blocks indicate where class takes place
12:10 - 1:00 pm Whole Body Strength w/ Shan	12:10 - 12:50 pm Spin Strong w/ Lynn	12:10 - 12:50 pm Tabata Knockout w/ Kim S.	12:10 - 1:00 pm TRX Suspension Training w/ Shan	12:10 - 1:10 pm Restorative Qigong w/ Josh		Group Fitness Room
4:30 - 5:30 pm Bunz and Gunz w/ Carrie	4:30 - 5:30 pm Steppin' with Style w/ Mary	3:15 pm Spinning w/ Teresa	4:30 - 5:30 pm 30:30 Strength & HIIT w/ Andre			TRX Functional Fitness Training Room
5:30-6:30 pm Happy Hour Zumba w/ Bryant	5:30 - 6:30 pm Cardio Knockout w/ Diane M.	5:30 - 6:30 pm Kettlebell HIIT & Sweat w/ Jaci	5:30 - 6:30 pm TRX Intervals w/ Kim S.	5:30 - 6:30 pm KB Station Challenge w/ Jaci		Fitness Center
	6:30 - 7:30 pm Restorative Qigong w/ Josh	6:30 - 7:00 pm Core Strength & Stretch w/ Jaci		6:30 - 7:00 pm Core Strength & Stretch w/ Jaci		