



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

March 4 – April 28

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 – 6:20 am Full Body Strength & Toning w/ Christine	5:30 – 6:30 am Cycle & Core w/ Ann C.		5:30 – 6:30 am Variety Fitness w/ alt. instr.	5:30 – 6:30 am Spin & Stretch w/ Pegi		
8:30 – 9:30 am Turbo Kick w/ Steph	8:30 – 9:30 am PIYO w/ Steph	7:40 am ABS olutely! w/ Ann	8:15-9:45 Mixin' Cardio, Strength & Stretch w/Ann	8:30 – 9:45 am TRX Strength Worx w/ Shan	8:00 – 9:00 am Spin, Strength & Stretch w/ Teresa	9:30 – 11:00 am Speed & Power Spin & Strength w/ Shan	9:15 – 10:15 Kettlebell Tabata Strength w/ Jaci
9:45 – 10:45 am 50+Fun+Fit+Flex w/ Kim	9:30 – 11:00 am TRX Challenge! w/ Shan	9:45am Cardio Blast w/Shan	9:45 am 50+Fun+Fit+Flex w/ Kim	9:50 – 10:30 Cardio Intervals in Fitness Center w/ Shan	9:45 – 10:45 am 50+Fun+Fit+Flex w/ Kim		10:15–10:45 Abs for Life w/ Jaci
11 am – 12 pm <i>Silver Sneakers</i> w/ Kim		11am – 12 pm <i>Silver Sneakers</i> w/ Kim		11:00 – 12:00 Yoga Flow w/ Diane		BOLD lettering indicates new classes, times or instructors!	<i>Color Coded Blocks indicate where class takes place</i>
12:10 – 1:00 pm Strength Worx w/ Shan	12:10 – 12:50 pm Spinning Intervals w/ Lynn	12:10 – 12:50 pm Functional Fitness Interval Training w/ Kim S.		12:10 – 1:00 pm P90X w/ Steph	12:10 – 12:50 pm Restorative Qigong w/ Josh		Group Fitness Room
4:30 - 5:30 pm Mixin' It Up w/ Carrie & Mary	4:30 – 5:30 pm Step n' More w/ Mary	3:15-4:15 Spinning Fit w/ Teresa	4:30 pm PIYO w/ Steph	4:30 – 5:30 pm Strength, Stability & Stretch w/ Diane	4:30 – 5:30 pm Functional Fitness & TRX Full Body w/ Andre		Class may take place on track, in gym, group fitness or TRX Rooms
5:30–6:30 pm Zumba w/ Bryant	5:30 – 6:30 pm Cardio Knockout w/ Stacia	5:30 – 6:30 pm Kettlebell Power Training w/ Jaci		5:30 – 6:30 pm Functional Fitness Interval Training w/ Kim	5:30 – 6:30 pm KB Strength Circuits w/ Jaci		Group Fitness and/or TRX (Functional Fitness) Room
	6:30 – 7:30 pm Restorative Qigong w/ Josh	6:30 – 7:00 pm Abs for Life w/ Jaci			6:30 – 7:00 pm Abs for Life w/ Jaci		Fitness Center