



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

January 2 – March 6

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 Spin & Core w/ Teresa	5:30 – 6:30 am Tabata Variety w/ Ann P.	5:30 – 6:30 am Cycle Boot Camp w/ Ann Coe	5:30 – 6:30 am Strength & Tone w/ Christine	5:30 – 6:30 am Spin & Core Pegi	8:00 – 9:00 Yoga w/ Brianna	
8:15 – 9:45 am 20/20/20 <small>20 min cardio / 20 min strength, etc.</small> w/ Shan	8:15 – 9:45 am Spin & Sculpt w/ Karen	8:15 – 9:45 am Tabata Variety w/ Ann P.	8:15 – 9:30 am Cardio Intervals & Upper Body Strength w/ Shan & Karen	8:00 – 9:00 am Spin, Strength & Stretch w/ Teresa	9:30 – 11:00 Old School BOOT CAMP! w/ Shan	9:15 – 10:15 Sunday Funday (Kettlebell & Variety) w/ Jaci
9:45 – 10:45 am 50+ “A Leg Up” w/ Susan	10:00 – 11:00 am Flexibility for Life w/ Kim	9:45 – 10:45 am 50+ “Core-eography” w/ Susan	10:00 – 11:00 am Yoga Flow w/ Diane	9:45 – 11:00 am Groovin’ w/ Susan	11:00 – 12:00 Zumba! w/ Ariel	10:15–10:45 Core & Stretch w/ Jaci
<i>11:00 – 11:45 am</i> <i>Silver Sneakers!</i> <i>Range of Motion & Strength w/ Susan</i>		<i>11:00 – 11:45 am</i> <i>Silver Sneakers!</i> <i>Range of Motion & Strength w/ Susan</i>				
12:10–12:50 pm Starting Strength w/ Karen	12:10 – 12:50 pm Zumba! w/ Maria	12:10 – 12:50 pm Spin Party! w/ Shan	12:10 – 12:50 pm Heart Thumping Strength Training w/ Lynn	12:10 – 12:50 pm PEAK Performance w/ Shan		
4:30-5:30 pm Upper Body Blitz w/ Andre	4:30 – 5:30 pm Spin Party! w/ Shan	4:30 – 5:30 pm Sassy Stepin! w/ Mary	4:30 -5:30 pm Strength Worx w/ Shan	4:30 – 5:30 pm Zumba! w/ Maureen		Highlighted areas reflect new changes in the schedule!
5:30–6:30 pm Zumba Cross Training! w/ Maria	5:30 – 6:15 pm Piloxing Knockout w/ Hillary	5:30 – 6:30 pm Kettle Sweat w/ Jaci	5:30 – 6:30 pm Kickbox Strength w/ Emily & Will	5:30 – 6:30 pm Kettle Circuit w/ Jaci		
	6:15 – 6:45 Butts & Guts w/ Hillary	6:30 – 7:00 pm Core & Stretch w/ Jaci		6:30 – 7:00 p.m. Core & Stretch w/ Jaci		