



**FOR YOUTH DEVELOPMENT®**  
**FOR HEALTHY LIVING**  
**FOR SOCIAL RESPONSIBILITY**

## January 2 – March 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 <b>Cardio and Strength Intervals</b> w/ Diane D.	5:30 – 6:20 am Traditional Strength & Toning w/ Christine	5:30 – 6:30 am Cycle & Core w/ Ann C.		5:30 – 6:30 am <b>Muscle Mix</b> w/ Gary	5:30 – 6:30 am <b>Spin &amp; Stretch</b> w/ Pegi		
8:30 – 9:30 am Turbo Kick w/ Steph	8:30 – 9:30 am PIYO w/ Steph	8:15 – 9:45 am <b>Mixin' It Up w/ Cardio, Strength &amp; Stretch</b> w/ Ann		8:30 – 9:30 am <b>TRX Strength Worx</b> w/ Shan	8:00 – 9:00 am Spin, Strength & Stretch w/ Teresa	<b>9:30 – 11:00</b> <b>Speed &amp; Power Spin &amp; Strength!</b> 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	9:45 am Cardio Blast w/Shan	9:45 am 50+Fun+Fit+Flex w/ Kim	9:45 – 10:30 am <b>Cardio Intervals in Fitness Center</b> 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		<b>BOLD lettering indicates new classes, times or instructors!</b>	
12:10–1:00 pm Strength Worx w/ Shan	12:10 – 12:50 pm Spinning Intervals w/ Lynn	12:10 – 12:50 pm <b>Functional Fitness Interval Training</b> w/ Kim S.		12:10 – 12:50 pm <b>P90X</b> w/ Steph	12:10 – 12:50 pm Restorative Qigong w/ Josh	<i>Color Coded Blocks indicate where class takes place</i>	10:45 to 12:00 <b>Function Fitness for All</b> w/ Dan
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 Total Body Toning w/ Stacia	4:30 – 5:30 pm <b>Functional Fitness &amp; TRX Full Body</b> w/ Andre	<b>Group Fitness Room</b>	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 <b>Cardio Knockout &amp; Toning</b> w/ Stacia	5:30 – 6:30 pm Kettlebell Power Training w/ Jaci		5:30 – 6:30 pm <b>Functional Fitness Interval Training</b> w/ Kim	5:30 – 6:30 pm KB Strength Circuits w/ Jaci	TRX / Functional Fitness Training 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	

