



FALL

FITNESS CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
Morning Classes	Morning Classes	Morning Classes	Morning Classes	Morning Classes
Group Cycle 5:30 - 6:15 am Ashlea L.	TBC 5:30 - 6:15 am Ashlea	Group Cycle 5:30 - 6:15 am Ashlea L.	TBC 5:30 - 6:15 am Ashlea	Group Cycle 5:30 - 6:15 am Ashlea L.
Gentle Yoga & Stretch 8 - 8:45 am Shelley	Aqua Fit 8 - 8:45 am Jennifer W.	Yogalates 8:15 - 9 am Shelley	Yoga 8 - 8:45 am Shelley	Pilates 8 - 8:45 am Shelley
Group Cycle 9 - 9:45 am Amber	TBC 9 - 9:45 am Amber	Group Cycle 9 - 9:45 am Carri	Aqua Fit 8 - 8:45 am Diana	Group Cycle 9 - 9:45 am Amber
Aqua Fit 9 - 9:45 am Ashlea	Aqua Fit 9 - 9:45 am Jennifer W.	Aqua Fit 9 - 9:45 am Ashlea L.	TBC 9 - 9:45 am Amber	Aqua Fit 9 - 9:45 am Cheryl
Pilates 9 - 9:45 am Shelley	Vinyasa Yoga Flow 9 - 9:45 am Denna	Senior Fit 9:15 - 10 am Shelley	Aqua Fit 9 - 9:45 am Diana	Chair Yoga 9 - 9:45 am Shelley
YoQi 10 - 10:45 am Debra	Senior Fit 10:15 - 11 am Denna	Low Impact H2O 10 - 10:45 am Ashlea L.	Power Pilates 10 - 10:45 am Courtney	TBC 9 - 9:45 am Carri
Low Impact H2O 10 - 10:45 am Jennifer W.	Evening Classes	Silver Sneakers® Classic 10:15 - 11 am Carri	Evening Classes	Aqua HIIT 10 - 10:45 am Cheryl
SilverSneakers® Classic 10:15 - 11 am Carri	TBC Express 4:50 - 5:20 pm Mary	Gentle Yoga & Stretch 10:15 - 11 am Debra	GLOW 5:30 - 6:15 pm Wendy	Yoga 10 - 10:45 am Amanda
Evening Classes	Pilates 5:30 - 6:15 pm Victoria	Evening Classes	Pilates 6:30 - 7:15 pm Victoria	Fitness & Fellowship 10:15 - 11 am Carri
TBC Express 4:50 - 5:20 pm Mary		TBC 5:30 - 6:15 pm Jennifer M.		Saturday
TBC 5:30 - 6:15 pm Jennifer M.		Aqua Fit 5:30 - 6:15 pm Cheryl L.		TBC 8:15 - 9 am Jennifer M./Mary D.
Aqua Fit 5:30 - 6:15 pm Cheryl L.		Group Cycle 5:30 - 6:15 pm Mary		Shine 9:15 - 10 am Krissy
Group Cycle 5:30 - 6:15 pm Mary		Zumba 6:30 - 7:15 pm Jennifer M.		Group Cycle 9:15 - 10 am Rotation
Zumba 6:30 - 7:15 pm Wendy				