

FITNESS CLASS SCHEDULE

Water Fitness Classes in BLUE

Classes Held in the Spin Room in RED

Classes Held in the TRX Room in GREEN

Classes Held in the Gymnasium in PURPLE

Classes Held in the Cardio Room in ORANGE

Classes Held in the Aerobics Room in BLACK

MONDAY		TUESDAY	
8:30am	Body Works (Video)	TRX & More (Pam)	8:30am
8:30am	Muscle Up Buttercup (Pam)	Pilates (Video)	8:30am
4:30pm	Spin & Tone (Angie) Please pre-register	Water Walking (Linda)	8:30am
5:30pm	Spin (Rod) Please pre-register	Hydro Tone (Linda)	9:30am
		Stretch and Restore (Pam)	9:30am
		Running Clinic (Brenda)	5:30pm

WEDNESDAY		THURSDAY	
8:30am	Body Works (Video)	Pilates (Video)	8:30am
8:30am	Hydro Tone (Linda)	TRX & More (Pam)	8:30am
8:30am	Muscle Up Buttercup (Pam)	Water Walking (Linda)	8:30am
9:30am	Yoga (Jeanne)	Hydro Tone (Linda)	9:30am
1:00pm	Chair Pilates (Video)	Stretch and Restore (Pam)	9:30am
4:30pm	Spin & Tone (Angie) Please pre-register	Boot Camp (Brenda)	5:30pm

FRIDAY		SATURDAY	
7:00am	Burn/Spin (Nancy) Please pre-register		
8:30am	Body Works (Video)		
8:30am	Muscle Up Buttercup (Pam)		

Updated January 22, 2024