

FITNESS CLASS SCHEDULE

Water Fitness Classes in BLUE

Classes Held in the Spin Room in RED

Classes Held in Shoemake Hall in Grey

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

WEDNESDAY		THURSDAY	
8:30am	Hydro Tone	TRX & More (Pam)	8:30am
8:30am	Muscle Up Buttercup (Pam)	Pilates (Video)	8:30am
8:30am	Body Works (Video)	Water Walking (Pat)	8:30am
9:30am	Yoga (Jeanne)	Hydro Tone (Diane)	9:30am
11:00am	Chair Pilates (Video)	Boot Camp (Brenda)	5:30pm
4:30pm	Spin & Tone (Angie) Please pre-register		

FRIDAY		SATURDAY	
7:00am	Burn/Spin (Nancy) Please pre-register		
8:30am	Muscle Up Buttercup (Pam)		
8:30 am	Body Works (Video)		
9:30am	Stretch and Restore (Pam)		

Effective January 6, 2024