

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	
7:30 am	Muscle Up Buttercup (Pam)	Muscle Up Buttercup (Pam)	7:30am
8:30 am	Body Works (Video)	Stretch and Restore (Pam)	8:30am
4:30 pm	Spin & Tone (Angie) Please pre-register	Pilates (Video)	8:30am
5:30 pm	Spin (Rod) Please pre-register	Water Walking (Pat)	8:30am
		Hydro Tone (Diane)	9:30am
		Running Clinic (Brenda)	5:30pm
WEDNESDAY		THURSDAY	
7:30 am	Muscle Up Buttercup (Pam)	Pilates (Video)	8:30am
8:30 am	Hydro Tone	Water Walking (Pat)	8:30am
8:30 am	Body Works (Video)	Hydro Tone (Diane)	9:30am
9:30 am	Yoga (Video)	Boot Camp (Brenda)	5:30pm
4:30 pm	Spin & Tone (Angie) Please pre-register		
FRIDAY		SATURDAY	
7:00 am	Burn/Spin (Nancy) Please pre-register		
8:30 am	Body Works (Video)		

Effective September 9th , 2025