

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)	Pilates (Video)	8:30am
4:30 pm	Spin & Tone (Angie) Please pre-register	Water Walking (Pat)	8:30am
5:30 pm	Spin (Rod) Please pre-register	Hydro Tone (Diane)	9:30am
		Stretch and Restore (Pam)	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 January 16th , 2026