

# 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 | Body Works (Heather)                    | 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  |
|         |   | Running Clinic (Brenda)         | 5:30pm  |
|         |   | Group Strength + Core (Caitlin) | 6:00 pm |

| WEDNESDAY |   | THURSDAY            |        |
|-----------|---|---------------------|--------|
| 7:30 am   | Group Strength + Core (Caitlin)         | Pilates (Video)     | 8:30am |
| 8:30 am   | Hydro Tone                              | Water Walking (Pat) | 8:30am |
| 8:30 am   | Body Works (Heather)                    | Hydro Tone (Diane)  | 9:30am |
| 9:30 am   | Yoga (Sherri)                           | 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 (Heather)                  |          |  |

Effective June 2<sup>nd</sup>, 2026

Please stay tuned for any pop up classes that are taking place throughout the month!