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 (Nancy)	7:00 am
4:30 pm	Spin & Tone (Angie) Please pre-register	Pilates (Video)	8:30 am
5:30 pm	Spin (Rod) Please pre-register	Muscle Up Buttercup (Pam)	8:15 am
		Water Walking (Pat)	8:30 am
		Hydro Tone (Diane)	9:30 am
		Spin and Grin (Pam)	9:30 am
		Boot Camp (Brenda)	5:30 pm

WEDNESDAY		THURSDAY	
8:15 am	Muscle Up Buttercup (Pam)	Muscle Up Buttercup (Pam)	7:00 am
8:30 am	Hydro Tone	Mindful Medley/Soulful Stretch (Pam)	8:15 am
8:30 am	Body Works (Heather)	Pilates (Video)	8:30 am
9:30 am	Yoga (Jeanne)	Water Walking (Pat)	8:30 am
9:30 am	The Balancing Act (Pam)	Hydro Tone (Diane)	9:30 am
4:30 pm	Spin & Tone (Angie) Please pre-register		
5:30 pm	Running Clinic (Brenda)		

FRIDAY		SATURDAY
7:00 am	Burn/Spin (Nancy) Please pre-register	
8:30 am	Body Works (Heather)	
9:30 am	Yoga (Sherri)	

Effective October 27th, 2026