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	
8:15 am	Muscle Up Buttercup (Pam)	Pilates (Nancy)	7:00 am
8:30 am	Body Works (Heather)	Pilates (Video)	8:30 am
4:30 pm	Spin & Tone (Angie) Please pre-register	Cardio/Core Up Buttercup (Pam)	8:15 am
5:30 pm	Spin (Rod) Please pre-register	Water Walking (Pat)	8:30 am
		Hydro Tone (Diane)	9:30 am
		Flex Appeal (Pam)	9:30 am
		Boot Camp (Brenda)	5:30 pm

WEDNESDAY		THURSDAY	
8:15 am	Muscle Up Buttercup (Pam)	Mindful Medley/Soulful Stretch (Pam)	8:15 am
8:30 am	Hydro Tone	Water Walking (Pat)	8:30 am
8:30 am	Body Works (Heather)	Hydro Tone (Diane)	9:30 am
9:30 am	Yoga (Jeanne)		
9:30 am	The Balancing Act (Pam)		
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	
8:15 am	Muscle Up Buttercup (Pam)	
8:30 am	Body Works (Heather)	
9:30 am	Yoga (Sherri)	

Effective November 11th, 2026