



GROUP FITNESS SCHEDULE

July 6th - August 2nd

	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Strength and Cardio	5:15 AM	Robin				Robin/Vicki		
	9:00 AM						(50min)	
	9:15 AM	Sweat & Sculpt Pattie	Pattie	Chisel® Melissa	Kick It Melissa	Andrea		
	10:00 AM						CardioChisel®	
	10:30 AM			**Tina/Dave				
	10:45 AM	Silver Sneakers Classic-Tonya				Silver Sneakers Circuit-Anna		
	12:00 PM	CardioChisel® Andrea	Boot Camp Daun	Andrea	HIITS Jeni			
	1:30 PM			Silver Sneakers Combo-Cynthia				
	4:30 PM			STEP Jeni				
	5:45 PM	Veronica	Brian (50 min)	Kimberly				
Mind Body	5:15 AM			/ Yoga Robin / Lori				
	7:50 AM	Easy Does It Yoga Valerie(60min)		Easy Does It Yoga Christina (60min)		Easy Does It Yoga Jack (60min)		
	8:00 AM		Heather		Warm Yoga Andrea / Lori			
	9:00 AM		* Pilates Carol		* Pilates Betsy	* Yoga (75 min) Jack	*ROKBARRE	*Open Yoga Kim (75 min)
	10:30 AM		*Beg. Yoga Ron (60min)		*Beg. Yoga Ron (60min)			
	11:15 AM						Vickie	
	12:15 PM	*Silver Sneakers Yoga- Carol	*ROKBARRE Cori	*Silver Sneakers Yoga- Carol	*ROKBARRE Pattie			
	5:30 PM	* Pilates Tawny	*ROKBARRE Hilary	* Vickie	*ROKBARRE Mollie			
	6:45 PM	* Yoga (75min) Chris						
Water Fitness	8:30 AM	Wet & Wild Randy	Hyro Power Tonya	Hydro Power Chris	H2O MAX Chris	Deep Water Hour Randy	Hydro Power Lana	
	9:45 AM	AFL Randy		AFL Chris				
	12:00-2:00						Family Swim	Family Swim
	5:30 PM	Wet & Wild Randy		Hydro Power Lana/Tonya				
	6:30-8:30					Family Swim		
Group Cycling		Group Cycling Plus - Cori		Spintertainment Kelsey/Sara		Group Cycling Daun	Group Cycling	
	12:00 PM		Spintertainment Video (45 Min)		Spintertainment Video (45 Min)			
Downtown			DOWNTOWN CLASSES START JULY 13th					
	10:30 AM	Sweat & Sculpt Anna	Silver Sneakers Classic- Randy	Sweat & Sculpt Cynthia	Silver Sneakers Circuit- Carol	Cardio Groove Tina/Dave		
	1:15 PM	ROKBARRE Cori		ROKBARRE Hilary		*ROKBARRE Mollie		

Classes with an * are located in the Mind/Body Studio

Classes with an ** are located in the Group Cycling Studio

	New Class
	New Instructor
	Time Change