



GROUP FITNESS SCHEDULE

June Schedule

	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Strength and Cardio	5:15 AM	 Robin		 / Yoga Robin / Lori				
	8:00 AM						 Brian (50min)	
	9:15 AM		 Pattie	Chisel® Melissa	Kick It Melissa	 Andrea		
	9:30 AM						CardioChisel®	
	10:45 AM	 Silver Sneakers Classic Tonva (50min)				 Silver Sneakers Classic Anna (50min)		
	12:00 PM	CardioChisel® Andrea	Boot Camp Daun	 Andrea/Robin	HIITS Jeni			
	1:30 PM			Silver Sneakers  Curcuit - Cynthia				
	4:00 PM			 Jeni				
	5:30 PM	 Kimberly						
	5:45 PM		 Brian (50 min)		Boot Camp Daun			
	7:45 AM	Easy Does It Yoga Jack (60 min)	 *Heather	Easy Does It Yoga Jack (60 min)	Warm Yoga Lori(60)	Easy Does It Yoga Jack (60 min)		
	9:00 AM			*ROKBARRE Sarah			*ROKBARRE	*Open Yoga Kim (75 min)
Mind and Body	9:15 AM		* Pilates Carol		* Pilates Betsy			
	10:45 AM		*Beg. Yoga Ron (60min)		*Beg. Yoga Ron (60min)			
	11:00 AM						 Vickie	
	12:15 PM	 *Silver Sneakers Yoga- Carol	*ROKBARRE Cori	 *Silver Sneakers Yoga- Carol	*ROKBARRE Pattie			
	5:15 PM	* Pilates Tawny						
	5:30 PM		*ROKBARRE Hilary	 * Vickie				
	6:45 PM	* Yoga (75min) Chris						
Water Fitness	8:30 AM	Wet & Wild Randy		Hydro Power Lana		Wet & Wild Chris		
	5:30 PM	Wet & Wild Randy						
	9:15 AM	Group Cycling Plus - Cori		Spintertainment Video (45 Min)		Group Cycling Daun		
	12:00 PM		Spintertainment Sara (45 Min)		Spintertainment Video (45 Min)			

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