

FITNESS CLASS SCHEDULE

Water Fitness Classes in BLUE

Classes Held in the Spin Room in RED

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
(Instructor)

MONDAY		TUESDAY	
8:30am	Body Works (Heather)	Water Walking (Linda)	8:30am
5:30pm	Spin (Rod) Please pre-register	Hydro Tone (Linda)	9:30am
		Yoga (Jeanne)	9:30am
		Running Clinic (Rod)	5:30pm

WEDNESDAY		THURSDAY	
8:30am	Body Works (Heather)	Water Walking (Linda)	8:30am
8:30am	Hydro Tone (Linda)	Hydro Tone (Linda)	9:30am
4:30pm	Spin & Tone (Angie) Please pre-register	Boot Camp (Brenda)	5:30pm

FRIDAY		SATURDAY	
7:00am	Burn/Spin (Nancy) Please pre-register	Build/Circuit Training (Nancy)	8:30am
8:30am	Body Works (Samantha)		8:30am

Updated June 20th, 2023

