

Monday	Class	Room	Instr.
<u>*5:15-6:15am</u>	Muscle Madness	<u>AR</u>	<u>Monica</u>
8:45-9:30am	Splash	Lap Pool	Calisse
10:00-11:00am	Kickboxing	AR	Amey S.
10:00-10:45am	Splash	Lap Pool	Calisse
11:30-12:15pm	Forever Fit	AR	Calisse
1:00-2:00pm	SilverSneakers Classic	AR	Micki
<u>*5:30-6:30pm</u>	Cardio Strength	<u>AR</u>	<u>Amy P.</u>

Tuesday	Class	Room	Instr.
5:15-6:15am	Cycling	CR	Monica
<u>*8:30-9:30am</u>	Cycling	<u>CR</u>	<u>Jo Ellen</u>
8:30-9:30am	Cardio Strength	AR	Terri
8:30-9:30am	Yoga Sculpt	WW	Jody Lee
10:00-10:45am	Splash	Pool	Angela
10:00-11:00am	Muscle Madness	AR	Amey S.
12:00-12:45pm	SilverSneakers Cardio	AR	Andrea
<u>*5:30-6:30pm</u>	PiYo	<u>AR</u>	<u>Amy P.</u>

Wednesday	Class	Room	Instr.
5:15-6:15am	Yoga	WW	Frieda
8:30-9:30am	Yoga	WW	Cathie
10:00-11:00am	Cardio Strength	AR	Amey S.
12:30-1:30pm	Gentle Fitness	AR	Sharon
5:00-6:00pm	Muscle Madness	AR	Terri
<u>*6:30-7:30pm</u>	Reb3l Groove/Strength	<u>AR</u>	<u>Kyoko</u>



Thursday	Class	Room	Instr.
5:15-6:15 am	Cardio Strength	AR	Monica
<u>*6:30-7:30am</u>	Cycling	<u>CR</u>	<u>DeDee</u>
8:00-9:00am	Muscle Madness	AR	Jody Lee
9:15-10:15am	Step	AR	Jody Lee
10:00-10:45am	Splash	Pool	Angela
10:30-11:30am	PiYo	AR	Amey S.
5:00-6:00pm	Cardio Strength	AR	Nancy

Friday	Class	Room	Instr.
8:30-9:30am	Stretched&Balanced	AR	Jody Lee
10:00-11:00am	Muscle Madness	AR	Amey S.
1:00-2:00pm	SilverSneakers Circuit	AR	Micki
<u>*6:30-7:30pm</u>	Reb3l Groove	<u>AR</u>	<u>Kyoko</u>

Saturday	Class	Room	Instr.
8:30-9:30am	Yoga (no class 5/29)**	AR	Various
<u>*9:00-10:00am</u>	Cycling	<u>CR</u>	<u>DeDee</u>
10:00-11:00am	Muscle Madness (no class 5/29)**	AR	Various

Please bring your own mat to classes.

***Class Changes**
****Watch for special classes with Amanda 5/29 & 5/31**

