

Monday	Class	Room	Instr.
5:15-6:15am	Muscle Madness	AR	Monica
8:30-9:30am	Muscle Madness	AR	Melissa
<b>*9:30-10:00am</b>	<b>Simply Stretch</b>	<b>AR</b>	<b>Melissa</b>
8:45-9:30am	Splash No class 3rd & 10th	Pool	Calisse
10:00-11:00am	Kickboxing	AR	Amey S.
10:00-10:45am	Splash No class 3rd & 10th	Pool	Calisse
11:15-12:15pm	Forever Fit	AR	Calisse
1:00-2:00pm	SilverSneakers Classic	AR	Micki
6:00-7:00pm	Cardio Strength	AR	Melissa & Jody Lee

Tuesday	Class	Room	Instr.
5:15-6:15am	Cycling	CR	Monica
8:00-9:00am	Splash No class 4th & 11th	Pool	Terri
8:30-9:30am	Yoga Sculpt	AR	Jody Lee
8:30-9:30am	Cycling No class 4th	CR	Jo Ellen
<b>*9:30-10:30am</b>	<b>MuscleMadness</b> No class 4th	<b>AR</b>	<b>Winnie</b>
<b>*10:30-11:00am</b>	<b>Simple Stretch</b> No class 4th	<b>AR</b>	<b>Winnie</b>
12:00-12:45pm	SilverSneakers Cardio	AR	Andrea
<b>*5:15-6:15pm</b>	<b>Zumba</b>	<b>AR</b>	<b>Amy M.</b>

Wednesday	Class	Room	Instr.
8:30-9:30am	Cardio Strength	AR	Melissa
8:30-9:30am	Yoga	WW	Cathie
8:30-9:30am	Deep Water Splash No class 5th & 12th	Pool	Karmen
9:30-10:30am	Splash No class 5th & 12th	Pool	Karmen
9:30-10:30am	Zumba	AR	Winnie
11:00-12:00pm	Cardio/Core/Stretch	AR	Karmen
12:30-1:30pm	Gentle Fitness	AR	Sharon
5:15-6:15pm	Muscle Madness	AR	Terri
<b>*6:15-6:45pm</b>	<b>Simply Stretch</b>	<b>AR</b>	<b>Terri</b>
5:30-6:30pm	Cycling	CR	DeDee
<b>*6:45-7:45pm</b>	<b>Reb3l Groove/Strength</b>	<b>AR</b>	<b>Kyoko</b>

*Thursday	Class	Room	Instr.
5:15-6:15 am	Cardio Strength	AR	Monica
<b>*8:30-9:30am</b>	<b>Splash</b> No class 6th & 13th	<b>Pool</b>	<b>Karmen</b>
8:00-9:00am	Muscle Madness	AR	Jody Lee
<b>*9:00-10:00am</b>	<b>Step</b>	<b>AR</b>	<b>Jody Lee</b>
<b>*10:00-11:00am</b>	<b>PiYo</b>	<b>AR</b>	<b>Amey S.</b>
<b>*5:00-6:00pm</b>	<b>Cardio Strength</b>	<b>AR</b>	<b>Winnie</b>
<b>*6:00-7:00pm</b>	<b>Yoga</b>	<b>AR</b>	<b>Hanna</b>

Friday	Class	Room	Instr.
8:30-9:30am	Stretched&Balanced	AR	Jody Lee
10:00-11:00am	Muscle Madness	AR	Amey S.
11:15-12:15pm	Yoga	WW	Cathie
1:00-2:00pm	SilverSneakers Circuit	AR	Micki

Saturday	Class	Room	Instr.
<b>*8:30-9:30am</b>	<b>Cardio Strength 1/15 &amp; 1/29</b>	<b>AR</b>	<b>Melissa &amp; Nancy</b>
<b>*8:30-9:30am</b>	<b>Zumba 1/8 &amp; 1/22</b>	<b>AR</b>	<b>Amy M.</b>
9:00-10:00am	Cycling	CR	DeDee
10:00-11:00am	Yoga	AR	Hanna

***Please bring your own mat to classes.***

***\*Class Changes***

**Keep flexible & complete your workout by trying one of our NEW 30 minute Simply Stretch classes!!**



Registration is required for all classes & can be done on our website at [trailsrecreationcenter.org](http://trailsrecreationcenter.org)

