

Monday	Class	Room	Instr.
8:30-9:30am	Splash	Pool	Calisse
<b>*8:30-9:30am</b>	<b>Barre</b>	<b>AR</b>	<b>Andrea C.</b>
<b>*9:30-10:30am</b>	<b>Muscle Madness</b>	<b>AR</b>	<b>Melissa</b>
10:00-11:00am	Splash	Pool	Calisse
<b>*10:30-11:30am</b>	<b>Kickboxing &amp; Core</b>	<b>AR</b>	<b>Amey</b>
11:30-12:30pm	Forever Fit	AR	Calisse
1:00-2:00pm	SilverSneakers Classic	AR	Micki
4:30-5:30pm	Yoga Sculpt	AR	Dayna
5:30-6:30pm	Cardio Strength	AR	Andrea C.

Tuesday	Class	Room	Instr.
5:15-6:15am	Cardio Strength	AR	Monica
8:30-9:30am	Splash	Pool	Terri
8:30-9:30am	Yoga Sculpt	AR	Jody
9:00-9:45am	Sprint Cycle	CR	Tim
9:30-10:30am	Muscle Madness	AR	Winnie
10:30-11:00am	Simple Stretch	AR	Winnie
12:00-12:45pm	SilverSneakers Cardio	AR	Andrea
5:15-6:15pm	Zumba	AR	Amy
6:15-7:15pm	Barre	AR	Andrea C.

Wednesday	Class	Room	Instr.
8:30-9:30am	Cardio Strength	AR	Andrea C.
8:30-9:30am	Yoga	WW	Cathie
8:30-9:30am	Deep Water Splash	Pool	Karmen
9:30-10:30am	Splash	Pool	Karmen
9:30-10:30am	Zumba (no class 8/3)	AR	Winnie
11:00-12:00pm	Cardio/Core/Stretch	AR	Karmen
5:15-6:15pm	Muscle Madness	AR	Terri
6:15-6:45pm	Simply Stretch	AR	Terri
6:45-7:45pm	Reb3l Groove/Strength	AR	Kyoko

Thursday	Class	Room	Instr.
5:15-6:15 am	Muscle Madness	AR	Monica
8:00-9:00am	Muscle Madness	AR	Jody
8:30-9:30am	Splash	Pool	Karmen
9:00-10:00am	Step	AR	Jody
10:00-11:00am	PIYo	AR	Amey
5:00-6:00pm	Cardio Strength	AR	Winnie
6:00-7:00pm	Yoga	AR	Megan

Friday	Class	Room	Instr.
6:00-7:00am	Cardio Strength	AR	Melissa
8:30-9:30am	Stretched&Balanced	AR	Jody
9:45-10:45am	Muscle Madness	AR	Amey
10:45-11:15am	Simply Stretch	AR	Amey
11:15-12:15pm	Yoga	WW	Cathie
1:00-2:00pm	SilverSneakers Circuit	AR	Micki
<b>*5:00-5:45pm</b>	<b>Kickboxing</b>	<b>AR</b>	<b>Andrea C.</b>
<b>*5:45-6:30pm</b>	<b>Yoga Sculpt</b>	<b>AR</b>	<b>Andrea C.</b>

Saturday	Class	Room	Instr.
8:30-9:30 am	Cardio Strength (8/6 & 8/20)	AR	Melissa & Nancy
8:30-9:30 am	Zumba (8/13 & 90 min on 8/27)	AR	Amy
9:00-10:00am	Cycling	CR	DeDee
10:00-11:00am	Yoga	AR	Megan

*Please bring your own mat to classes.*

**\*Class Changes**



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

Out of respect & consideration for our instructors & other class participants, we do not allow **ANY** late entrance to fitness classes. Please **do not knock** on the door once class has begun.