

Monday	Class	Room	Instr.
*5:15-6:15am	Muscle Madness	AR	Monica
8:30-9:30am	Splash	Pool	Calisse
8:30-9:30am	Barre	AR	Andrea C.
9:30-10:30am	Muscle Madness	AR	Melissa
10:00-11:00am	Splash	Pool	Calisse
10:30-11:30am	Kickboxing & Core	AR	AmeY
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	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	Cycling	CR	Monica
8:30-9:30am	Splash	Pool	Karmen
*8:30-9:15am	Muscle Madness	AR	Jody
*9:15-10:00am	Step	AR	Jody
*10:00-10:45am	PiYo	AR	AmeY
*10:45-11:30am	Dance Fusion	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	Deep Water Splash (Starts 9/16/22)	Pool	Karmen
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
5:00-5:45pm	Kickboxing	AR	Andrea C
5:45-6:30pm	Yoga Sculpt	AR	Andrea C

Saturday	Class	Room	Instr.
*8:00-9:00am	Cardio Strength	AR	Nancy & Melissa
*9:00-10:00am	Zumba	AR	Amy
9:00-10:00am	Cycling	CR	DeDee
*10:15-11:15am	Yoga	AR	Megan

Sunday	Class	Room	Instr.
*11:30-12:15pm	Kickboxing	AR	Andrea C
*12:15-1:00pm	Barre	AR	Andrea C

***Class Changes**



LABOR DAY CLASS SCHEDULE
Monday, September 5th
8:30-9:30am Kickboxing with Melissa
9:30-10:30am Muscle Madness with Melissa

Registration is required for all classes & can be done on our website trailsrecreationcenter.org

We do not allow ANY late entrance to fitness classes. Please do not knock on the door once class has begun.