

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
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	Simply 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** **no class 11/23/22	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
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	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.
<u>*10:00-10:45am</u>	<u>Kickboxing</u>	<u>AR</u>	<u>Andrea C</u>
<u>*10:45-11:30am</u>	<u>Barre</u>	<u>AR</u>	<u>Andrea C</u>

### \*Class Changes

### Thanksgiving Holiday Schedule

#### Wednesday November 23rd

**NO EVENING CLASSES**

#### Thursday, November 24th

**8:30-9:30am Cycling with DeDee**

**9:30-10:30am Muscle Madness with Andrea C.**

#### Friday, November 25th

**9:30-10:30am Kickboxing with Andrea C.**

**11:15-12:15am Yoga with Cathie**



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

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