

Monday	Class	Room	Instr.
5:15-6:15am	Muscle Madness	AR	Monica
8:30-9:30am	Fusion	WW	Karmen
8:30-9:30am	Muscle Madness	AR	Melissa
9:30-10:00am	Simply Stretch	AR	Melissa
10:00-11:00am	Splash	Pool	Karmen
10:15-11:15am	Kickboxing & Core	AR	Amey
11:30-12:30pm	Forever Fit	AR	Amey
1:00-2:00pm	SilverSneakers Classic	AR	Micki
5:30-6:30pm	Cardio Strength	AR	Tim
6:30-7:30pm	Yoga	AR	Jenny

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
12:00-1:00pm	SilverSneakers Cardio	AR	Andrea
5:15-6:15pm	Zumba	AR	Amy
6:30-7:30pm	Yoga	AR	Ellie

Wednesday	Class	Room	Instr.
8:30-9:30am	Cardio Strength	AR	Tim
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	Simple 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
8:15-9:00am	Muscle Madness	AR	Jody
9:00-10:00am	Step	AR	Jody
10:00-10:45am	PiYo	AR	Amey
5:00-6:00pm	Cardio Strength	AR	Winnie
6:30-7:30pm	Yoga	AR	Cathie

Friday	Class	Room	Instr.
8:30-9:30am	Stretched&Balanced	AR	Jody
8:30-9:30am	Deep Water Splash	Pool	Karmen
9:45-10:45am	Muscle Madness	AR	Amey
10:45-11:15am	Simple Stretch	AR	Amey
11:15-12:15pm	Yoga	WW	Cathie
1:00-2:00pm	SilverSneakers Circuit	AR	Micki
5:00-6:00pm	Yoga	AR	Jenny

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

Sunday	Class	Room	Instr.
11:00-12:00pm	Yoga	AR	Jenny

***Class Changes**

Please join us for the
Trails 5K Run/Walk
 for Mental Health Awareness
Saturday, October 7th at 9:00 am
Piney Creek Hollow Park
 Please check our website for more details &
 to register for the event.

Labor Day Schedule

8:30-9:30 am Muscle Madness with Melissa
9:00-10:00 am Cycle with DeDee
9:30-10:00 am Simply Stretch with Melissa

Please bring your own mat to classes.
Mats are available for purchase at our front desk.



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