

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 (Tabata on 11/6 & 11/13)	AR	Amey/ Jody
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

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 (No class 11/22)	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**

***Modified Thanksgiving Holiday
Fitness Schedule***

Thurs. Nov. 23rd
8:00-9:00 am Muscle Madness with Monica
9:15-10:15 am Cycling with Monica

Fri. Nov. 24th
9:45-10:45 am Muscle Madness with Amey
10:45-11:15 am Simply Stretch with Amey

Sat. Nov 25th
8:00-9:00 am CSI with Nancy
10:15-11:15 am Yoga with Karmen



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

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