

Monday	Class	Room	Instr.
5:15-6:15am	Muscle Madness	AR	Monica
5:15-6:15am	Cycling*	CR	<u>Jeanie</u>
8:00-9:00am	Stretched & Balanced	WW	Brook
8:15-9:15am	Muscle Madness*	AR	Jo Ellen
9:15-10:15am	Cardio Kickboxing	AR	Tammy
9:15-10:15am	Cycling*	CR	<u>Deanna</u>
9:45-10:45am	Zumba ( <u>June 10 &amp; 17 8-9am</u> )	Gym	Honey
9:30-10:30am	Splash	Pool	Calisse
10:15-11:15am	PiYo	AR	Jody Lee
11:15-12:15pm	Beginner Yoga*	CR	Cathie
11:15-12:15pm	SilverSneakers Classic*	AR	Calisse
12:30-1:30pm	Gentle Fitness	AR	Sharon
1:30-2:30pm	SilverSneakers Classic	AR	Micki
4:45-5:45pm	Zumba	AR	Amy C.
5:30-6:30pm	Cycling*	CR	Mark
6:00-6:30pm	Step It Up*	AR	Karen
6:30-7:15pm	Muscle Madness*	AR	Karen
6:30-7:30pm	Vinyasa Yoga	CR	Jackie

Tuesday	Class	Room	Instr.
5:15-6:15am	Cardio Core Conditioning	AR	Monica
8:30-9:30am	Hatha Yoga	WW	Melinda
8:00-9:00am	PiYo	AR	Jody Lee
8:30-9:30am	Cycling*	CR	Amy M.
9:15-10:15am	Muscle Madness*	AR	AmeY S.
9:30-10:30am	Aqua Zumba	Pool	Marla
9:45-10:45am	Pilates	CR	Amy M.
10:15-11:15am	Cardio Core Conditioning	AR	Jody Lee
11:15-12:15pm	SilverSneakers Circuit*	AR	Andrea
12:30-1:15pm	SilverSneakers Cardio	AR	Andrea
5:00-6:00pm	PiYo	AR	Laura
6:00-7:00pm	Step It Up	AR	Terri
7:00-8:00pm	Zumba*	AR	Honey

Wednesday	Class	Room	Instr.
5:15-6:15am	Cycling*	CR	Jeanie
5:15-6:15am	Vinyasa Yoga	WW	Frieda
8:30-9:30am	Deep Water Splash	Pool	Nancy
9:15-10:00am	Cardio Kickboxing	AR	AmeY S.
9:15-10:15am	Cycling*	CR	JoEllen/
9:30-10:30am	Zumba ( <u>June 12 &amp; 19 8-9am</u> )	Gym	Laura
9:30-10:30am	Stretched & Balanced	WW	Jody Lee
10:00-11:00am	CSI (Cardio Strength Intervals)	AR	Nancy
11:15-12:15pm	Beginner Yoga*	WW	Cathie
11:15-12:15pm	SilverSneakers Classic*	AR	Melinda
12:30-1:30pm	Gentle Fitness	AR	Sharon
5:00-6:00pm	Muscle Madness	AR	<u>Kim/ Amanda</u>
5:30-6:30pm	Cycling*	CR	DeDee
6:30-7:30pm	Vinyasa Yoga	WW	Jackie
6:30-7:30pm	CSI (Cardio Strength Intervals)	AR	Karen

**Personal Training Special**  
**10% Off All Packages of 5, 10 or 20 Sessions**  
 (Valid June 1-June 30, 2019)



**\*Class Pass Required**– Pick up at Front Desk no earlier than 1 hour before the start of class.  
**Please hold on to your pass until the instructor collects them at the start of class.**  
**Room Legend** -AR-Aerobics /CR-Cycling/ WW Wagon Wheel

Thursday	Class	Room	Instr.
7:30-8:30am	Muscle Madness	AR	Brook
8:30-9:30am	Cycling*	CR	Amy M.
8:30-9:30am	Hatha Yoga	WW	Melinda
9:15-10:15am	Muscle Madness	AR	Jody Lee
9:30-10:30am	Splash	Pool	Paula
9:45-10:45am	Pilates	CR	Amy M.
10:15-11:15am	Step It Up	AR	Jody Lee
11:15-12:15pm	SilverSneakers Circuit*	AR	Andrea
1:15-2:00pm	Gentle Yoga (Chair)	AR	Sharon
6:00-7:00pm	CSI (Cardio Strength Intervals)	AR	Adriana
6:45-7:30pm	Splash	Pool	Calisse
7:00-8:00pm	Zumba	AR	Adriana

Friday	Class	Room	Instr.
5:15-6:15am	Muscle Madness	AR	Deanna
5:15-6:15am	Cycling*	CR	Jody
8:30-9:30am	Muscle Madness	AR	Carla
9:15-10:15am	Cycling*	CR	Jo Ellen
9:30-10:30am	Splash	Pool	Terri
9:30-10:30am	Zumba	Gym	Amy C.
10:00-11:00am	PiYo	AR	Amey S.
11:15-12:15pm	Beginner Yoga	AR	Cathie
12:30-1:30pm	Gentle Fitness	AR	Sharon
1:30-2:30pm	SilverSneakers Classic*	AR	Micki
5:15-6:15pm	Butts & Guts Plus	AR	Karen

Saturday	Class	Room	Instr.
8:00-9:00am	CSI (Cardio Strength Intervals)	AR	Brook
8:30-9:30am	Stretched & Balanced*	WW	Deanna
9:00-10:00am	Cycling*	CR	DeDee
9:00-10:00am	Cardio Kickboxing	AR	Amey S.
9:45-10:45am	Pilates	WW	Brook
10:00-11:00am	Muscle Madness	AR	Amanda
11am-12:00pm	Step It Up	AR	Amanda

## Summer Fitness Programs!

\*Morning in The Park\*

\*Fresh Air Yoga\*

\*Essential Oils\*

\*Pound in the Park\*

\*Youth/Teen Fitness\*

....and more!!

For more information, please check our website or the front desk.

*Do something today that your future self will thank you for.*



**Changes from the previous month's schedule are indicated in bold/underline.**

**All Yoga, Pilates, PiYo, Stretched & Balanced classes will begin on time & doors locked immediately to avoid disruption & safety issues.**