

Monday	Class	Room	Instr.
8:30-9:30am	Muscle Madness	AR	Deanna
8:45-9:30am	Splash	Lap Pool	Calisse
10:00-11:00am	Kickboxing	AR	Amey S.
10:00-10:45am	Splash	Lap Pool	Calisse
11:30-12:15pm	Forever Fit	AR	Calisse
1:00-2:00pm	SilverSneakers Classic	AR	Micki
5:30-6:30pm	Cardio Strength	AR	Amanda

Tuesday	Class	Room	Instr.
5:15-6:15am	Cycling	CR	Monica
8:30-9:30am	Cardio Strength	AR	Terri
8:30-9:30am	Yoga	WW	Deanna
10:00-11:00am	Muscle Madness	AR	Amey S.
12:00-12:45pm	SilverSneakers Cardio	AR	Andrea
6:30-7:30 pm	Zumba	AR	Honey

Wednesday	Class	Room	Instr.
8:30-9:30am	Yoga Sculpt	AR	Deanna
8:45-9:45am	Lazy River/Splash	Activity Pool	Nancy
10:00-11:00am	Cardio Strength	AR	Nancy
12:30-1:30pm	Gentle Fitness	AR	Sharon
5:00-6:00pm	Muscle Madness	AR	Terri
6:15-7:15pm	Cardio Strength	AR	Terri

Thursday	Class	Room	Instr.
5:15-6:15 am	Cardio Strength	AR	Monica
8:30-9:30am	Muscle Madness	AR	Deanna
10:00-11:00am	PiYo	AR	Amey S.

Friday	Class	Room	Instr.
8:30-9:30am	Stretched&Balanced	AR	Brook
10:00-11:00am	Cardio Strength	AR	Amey S.
1:00-2:00pm	SilverSneakers Circuit	AR	Micki

Saturday	Class	Room	Instr.
8:00-9:00am	Yoga	WW	Deanna
9:30-10:30am	Muscle Madness	AR	Amanda
11:00-12:00pm	Step	AR	Amanda

**Masks must be worn at all times while in the facility.**



*This includes all fitness classes & all cardio-vascular activity throughout the center.*

**\*Class Changes**



**Class sizes are very limited so patrons may only register for ONE fitness class per day to be fair & respectful of everyone wanting to take classes.**

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

**The Trails will no longer be providing certain shared equipment including mats, bands, balls, yoga blocks. Please bring your own mat. Thank you.**