

# Group Exercise Classes

\*\*\*Starts January 5th\*\*\*



**Mon.**

**BOOTCAMP**

5:15-6:00am  
Audra

**SPIN**

8:30-9:15am  
Jaime

**YOGA**

8:30-9:15am  
Beth

**BEGIN TO SPIN**

9:30-10:00am  
Jaime

**TOTAL BODY STRENGTH**

9:30-10:15am  
Beth

**LINE DANCING**

10:30-12:30pm  
Rita

**CHAIR STRETCH**

10:30-11:15am  
Stephanie

**Tue.**

**CIRCUIT TRAINING**

5:15-6:00am  
Audra

**SPIN 30**

7:30-8:00am  
Jaime

**SHRED**

8:00-8:45am  
Jaime

**SCULPT**

9:00-9:45am  
Anna

**SENIOR TOTAL BODY**

9:00-9:45am  
Jaime

**SILVER SNEAKERS**

10:00-10:45am  
Angie

**SILVER SNEAKERS**

11:00-11:45am  
Angie

**Wed.**

**MIDWEEK BURNER**

5:15-6:00am  
Audra



8:00-8:45am  
Jaime

**RUN CLUB**

9:00-9:30am  
Jaime



9:30-10:15am  
Tonya

**ACTIVE OLDER ADULTS**

10:30-11:15am  
Susan

**Thu.**

**SPRINT 8 & STRENGTH**

5:15-6:00am  
Shanon

**CIRCUIT TRAINING**

8:00-8:45am  
Beth

**ACTIVE OLDER ADULTS**

9:00-9:45am  
Beth

**Y-TRX**

9:00-9:35am  
Anna



**Fri.**

**MAX FRIDAY**

5:15-6:00am  
Audra

**BARRE**

8:15-9:00am  
Stephanie



9:15-10:15am  
Anna

**SILVER SNEAKERS**

10:30-11:15am  
Angie

**Sat.**



8:30-9:30am  
Cindy

**BOOTCAMP**

2nd Saturday of the month is family (7yo+)  
9:30-10:15am  
Karla



**FUNCTIONAL STRENGTH**

4:30-5:15pm  
Anna

**POWER CYCLE**

4:30-5:00pm  
Audra

**TOTAL BODY STRENGTH**

4:30-5:15pm  
Beth

**TOTAL BODY TONING**

4:30-5:15pm  
Tonya

**RUN CLUB**

5:30-6:15pm  
Shanon

**YOGA**

5:15-6:00pm  
Beth



5:30-6:15pm  
Cindy



5:30-6:15pm  
Tonya

**POPSPIN**

5:30-6:15pm  
Zach

**BURN**

5:30-6:15pm  
Audra

**PILATES**

5:30-6:15pm  
Alexis



6:30-7:15pm  
Cindy



GROUP EXERCISE ROOM

FUNCTIONAL FITNESS ROOM

PRIMETIME ROOM

WELLNESS FLOOR