



FOR YOUTH DEVELOPMENT™
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY



MORNING GROUP EXERCISE STUDIO DECEMBER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>Morning Classes</i>						
<u>5:30-6:20</u> Pure Strength Jackie		<u>5:30-6:20</u> Boot Camp Doug		<u>5:30-6:20</u> Bar Bell Strength Jackie/Julie		
<u>8:30 - 9:20</u> Barre Wendy	<u>8:30 - 9:20</u> Zumba® Roula	<u>8:30-9:20</u> Boot Camp Doug	<u>8:30 - 9:20</u> Pure Strength Jan	<u>8:30 - 9:20</u> Pure Strength Kelly G.	<u>8:30- 9:20</u> Cardio Strength Combo Jackie/Kathie	<u>8:30 - 9:20</u> Bar Bell Strength Kathie/Julie
<u>8:30 - 9:20</u> Queenax Circuits Doug Wellness Floor	<u>8:30-9:20</u> Queenax Circuits Doug Wellness Floor	<u>9:30-10:20</u> Women on Weights Michelle K. Wellness Floor	<u>8:30-9:20</u> Queenax Circuits Doug Wellness Floor		<u>9:30 10:20</u> Pure Strength Kathie/Jackie	
<u>9:30- 10:20</u> Pure Strength Donna	<u>9:30 - 10:20</u> Boot Camp Jackie	<u>9:30-10:30</u> Zumba Gold Angie	<u>9:30-10:20</u> Barre Jackie		<u>9:00-9:50</u> TRX - Circuit Michellei/Sarah	<u>11:30-12:20</u> Cardio Dance Stacey
					<u>10:30-11:20</u> Zumba Roula	



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EVENING CLASSES GROUP EXERCISE STUDIO NOVEMBER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>5:00 – 5:50</u> Pure Strength Donna	<u>5:00-5:50</u> Zumba Lisa	<u>5:00 – 5:50</u> BosuBarre Fusion Donna	<u>5:00 – 5:50</u> Cardio Fit Brenda			
<u>6:00-6:50</u> Pound Stacey	<u>6:00 – 6:25</u> Express Step Kathie Y	<u>6:00-6:50</u> Queenax Sarah <i>Wellness Floor</i> <u>6:00-6:50</u> Cardio Dance Stacey	<u>6:00 – 6:50</u> Pure Strength Kathie Y			
<u>7:00 – 7:50</u> Cardio Strength Combo Hannah	<u>6:30-7:20</u> Pure Strength Kathie Y.					



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GROUP EXERCISE SCHEDULE ACTIVE OLDER ADULT CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday
		<u>9:30-10:20</u> Zumba Gold Angie	<u>10:30 -11:20 AM</u> Fitness After 50 Amanda	
<u>10:30 – 11:20AM</u> AOA – Strength and Fitness Doug	<u>10:30 – 11:20AM</u> Fitness After 50 Amanda	<u>10:30 – 11:20 AM</u> NIA® Kathy/Amanda	<u>11:30-12:30</u> Lite Cycle and Strength Shelly	<u>9:30 – 10:20</u> NIA ® Kathy/Amanda
<u>11:30-12:20 PM</u> SilverSneakers Classic Jan	<u>11:30-12:20 PM</u> Strength & Balance Phyllis	<u>11:30 – 12:20 PM</u> SilverSneakers Classic ® Jessica	<u>11:30-12:20 PM</u> Strength & Balance <u>12:30 – 1:00 PM</u> Tai Chi Light - Workshop Phyllis MSB Studio	<u>10:30– 11:20 PM</u> SilverSneakers Classic ® Kathy
<u>12:30-1:20 PM</u> Chair Yoga Danielle	<u>1:00-1:50PM</u> Arthritis Stella	<u>12:30-1:20PM</u> SilverSneakers Yoga ® Kathy	<u>1:00-1:50PM</u> Arthritis Stella	<u>11:30-12:20PM</u> SilverSneakers Yoga ® Kathy

