



FOR YOUTH DEVELOPMENT™
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY



Morning Group Exercise studio June

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<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> Cardio Kickboxing Lyndsay	<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 - 9:30</u> Outdoor Boot camp Doug	<u>9:30-10:20</u> Women on Weights Michelle K. Wellness Floor		<u>9:30-10:20</u> TRX - Circuit Toni	<u>9:30 10:20</u> Pure Strength Kathie/Jackie	
<u>9:30- 10:20</u> Bar Bell Strength Michelle	<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>9:30-10:20</u> TRX - Circuit Michelle /Sarah <u>10:30-11:20</u> Zumba Roula	<u>11:30-12:20</u> Cardio Dance Roula & Lyndsay



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Evening Classes

Group Exercise studio

June

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>5:00- 5:50</u> Barre Hannah	<u>5:00-5:50</u> Zumba Lisa	<u>5:00 - 5:50</u> Bootcamp Doug	<u>5:00-5:50</u> Cardio FIT Brenda			
<u>6:00-6:50</u> POUND Fitness Stacey	<u>6:00-6:50</u> Pure Strength Robin	<u>6:00-6:50</u> Cardio Dance Stacey	<u>6:00 - 6:50</u> Cardio Intervals Kathie Y			
<u>7:00 - 7:50</u> Hip Hop Adrian		<u>7:00-7:50</u> SWERK Strength Emily				



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Group Exercise Schedule Active Older Adult CLASSES June

Monday	Tuesday	Wednesday	Thursday	Friday
		9:30-10:20 Zumba Gold Angie		<u>9:30 - 10:20</u> Zumba Gold* Brenda
<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® Amanda	<u>10:30 -11:20 AM</u> Fitness After 50 Jan	<u>10:30- 11:20 PM</u> SilverSneakers Classic® Brenda
<u>11:30-12:20 PM</u> SilverSneakers Classic Jan	<u>11:30-12:20 PM</u> Strength & Balance Phyllis <u>11:30-12:30</u> Lite Cycle and Strength Sarah	<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>11:30-12:20PM</u> SilverSneakers Yoga® Kip
<u>12:30-1:20 PM</u> Chair Yoga Danielle	<u>1:00-1:50PM</u> Arthritis Stella	<u>12:30-1:20PM</u> Chair Yoga Danielle	<u>1:00-1:50PM</u> Arthritis Stella	*NIA will replace Zumba Gold on 6/3 and 6/10

