



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AM - Group Exercise September

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>5:30-6:20</u> Pure Strength Jackie	<u>6:15 - 7:00</u> BODYPUMP Monica New	<u>5:30-6:20</u> Strength Jackie/Julie	<u>6:15 - 7:00</u> BODYPUMP Monica New	<u>5:30-6:20</u> Bar Bell Strength Jackie BODYPUMP 9/8 and 9/22 Julie		
<u>8:30 - 9:20</u> Barre Wendy	<u>8:30 - 9:20</u> Zumba® Roula	<u>8:30 - 9:20</u> Cardio Kickboxing Lyndsay Change	<u>8:30-9:20</u> BODYPUMP Michelle Change	<u>8:30 - 9:15</u> Les Mills CORE Michelle Michelle K NEW	<u>8:30- 9:20</u> Cardio Strength Combo Jackie/Kathie	<u>8:30 - 9:20</u> BODYPUMP Kathie/Julie
<u>8:30 - 9:20</u> Boot camp Dayle Wellness Floor	<u>8:30 - 9:20</u> Boot camp Kam Wellness Floor	<u>8:30 - 9:20</u> Boot camp Kam Wellness Floor	<u>9:30-10:20</u> Women on Weights Michelle K. Wellness Floor NEW		<u>9:30 10:20</u> Pure Strength Kathie/Jackie	
<u>9:30- 10:20</u> BODYPUMP 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 K	<u>10:30-11:20</u> Zumba Roula	<u>11:30-12:20</u> Cardio Dance Stacey



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Evening Classes Group Exercise Studio September

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> Boot camp Kelly G.	<u>5:00-5:50</u> Barre Above® Brenda			
<u>6:00-7:00</u> Body Pump® Laura	<u>6:00-6:50</u> Pure Strength Kathie Y	<u>6:00-6:50</u> Cardio Dance Stacey	<u>6:00 - 6:50</u> Cardio Intervals Kathie Y			
<u>7:00-7:30</u> Les Mills® CORE Laura New	<u>7:00- 7:50</u> Cardio Kickboxing Lyndsay	<u>7:00-7:50</u> SWERK® Harker Emily				



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Active Older Adult – September

Monday	Tuesday	Wednesday	Thursday	Friday
		<u>9:30-10:20</u> Zumba Gold Angie		<u>9:30 – 10:20</u> NIA® Amanda
<u>10:30 – 11:20AM</u> Cardio Drumming Alisha	<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> Silver Sneakers Classic® Amanda
<u>11:30-12:20 PM</u> Silver Sneakers Classic Jan	<u>11:30-12:20 PM</u> Strength & Balance Phyllis	<u>11:30 – 12:20 PM</u> Silver Sneakers Classic® Jessica	<u>11:30-12:20 PM</u> Strength & Balance	<u>11:30-12:30PM</u> Chair 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	

