



Monday	Class	Room	Instr.
5:15am-6:15am	Cycling*	CR	Paul
5:15-6:15am	Muscle Madness	AR	Monica
8:15-9:15am	Muscle Madness*	AR	Jo Ellen
9:15-10:15am	Cardio Kickboxing	AR	Tammy
9:15-10:15am	Cycling*	CR	Deanna
9:45-10:45am	Zumba	Gym	Honey
9:30-10:30am	Splash	Pool	Calisse
10:15-11:15am	CSI (Cardio Strength Intervals)	AR	Brook
11:15-12:15pm	Beginner Yoga*	CR	Cathie
11:15-12:15pm	SilverSneakers Classic*	AR	Calisse
12:30-1:15pm	Gentle Yoga	AR	Sharon
1:30-2:30pm	SilverSneakers Classic	AR	Micki
4:45-5:45pm	Zumba	AR	Laura
5:30-6:30pm	Cycling*	CR	Mark
5:45-6:15pm	Step It Up*	AR	Karen
6:15-7:00pm	Muscle Madness*	AR	Karen
6:30-7:30pm	Vinyasa Yoga*	CR	Char
7:15-8:15pm	CSI (Cardio Strength Intervals)	AR	Terri

Tuesday	Class	Room	Instr.
5:15-6:15am	Cardio Core Conditioning	AR	Monica
5:15-6:15am	Cycling*	CR	Jeanie
8:30-9:30am	Cycling*	CR	Amy M.
8:30-9:30am	Hatha Yoga	WW	Melinda
9:00-9:45am	Muscle Madness	AR	Jody Lee
9:30-10:30am	Aqua Zumba	Pool	Melissa
9:45-10:15am	Amazing Abs & Core	AR	Jody Lee
9:45-10:45am	Pilates	CR	Amy M.
10:15-11:15am	Step It Up	AR	Jody Lee
11:00am-12pm	Cycling*	CR	Jo Ellen
11:15-12:15pm	SilverSneakers Circuit*	AR	Andrea
12:30-1:15pm	SilverSneakers Cardio	AR	Andrea
5:00-6:00pm	PiYo	AR	Amy P.
6:30-7:30pm	Pilates	CR	Kendra
6:00-7:15pm	Step It Up with Abs	AR	Terri
7:15-8:15pm	Zumba*	AR	Honey

Wednesday	Class	Room	Instr.
5:15-6:15am	Cycling*	CR	Jeanie
5:15-6:15am	Vinyasa Yoga	WW	Frieda
9:15-10:00am	Cardio Kickboxing	AR	Amey S.
9:15-10:15am	Cycling*	CR	Deanna
9:30-10:30am	Splash	Pool	Melinda
9:30-10:30am	Zumba	Gym	Amy C.
9:30-10:30am	Stretched & Balanced	WW	Jody Lee
10:00-11:00am	CSI (Cardio Strength Intervals)	AR	Nancy
11:15-12:15pm	Beginner Yoga*	WW	Cathie
11:15-12:15pm	SilverSneakers Classic*	AR	Melinda
12:30-1:30pm	Gentle Fitness	AR	Sharon
5:00-6:00pm	Muscle Madness	AR	Lise
5:30-6:30pm	Cycling*	CR	DeDee
6:30-7:30pm	Vinyasa Yoga	WW	Frieda
6:30-7:45pm	CSI (Cardio Strength Intervals)	AR	Karen

Indoor Sprint Triathlon



Need a New Years goal to work towards? How about an Indoor Sprint Triathlon? Set your own pace with a 10 minute swim, 30 minute bike ride, and finish with a 20 minute run/walk. Performance is measured by distance covered in each event. No prizes are awarded, just the reward of finishing! Each participant receives an event baseball cap. 15 yrs and up. Event minimum is 10.

\$25 per person Class #4271

Saturday, March 3rd at 8:00am

Registration Deadline is February 25th



Thursday	Class	Room	Instr.
5:15-6:15am	CSI (Cardio Strength Intervals)	AR	Jeanie
7:30-8:30am	Muscle Madness	AR	Brook
8:30-9:30am	Cycling*	CR	Amy M.
8:30-9:30am	Hatha Yoga	WW	Melinda
9:00-10:00am	Muscle Madness	AR	Deanna
9:30-10:30am	Splash	Pool	Paula
9:45-10:45am	Pilates	CR	Amy M.
10:00-10:30am	Step It Up	AR	Jody Lee
10:30-11:15am	Sculpt	AR	Jody Lee
11:15-12:15pm	SilverSneakers Circuit*	AR	Andrea
5:00-6:00pm	Stretched & Balanced	AR	Sharon
6:00-7:00pm	CSI (Cardio Strength Intervals)	AR	Adriana
6:45-7:30pm	Splash	Pool	Calisse
7:00-8:00pm	Zumba	AR	Mary Ann

Friday	Class	Room	Instr.
5:15-6:00am	Cycling*	CR	Jody
5:15-6:15am	Strength Yoga	WW	Cynthia
8:30-9:45am	Muscle Madness	AR	Carla
9:15-10:45am	Long Ride*	CR	Jo Ellen
9:30-10:30am	Splash	Pool	Terri
9:30-10:30am	Zumba	Gym	Laura
10:00-11:00am	PiYo	AR	Ameys S.
11:15-12:15pm	Beginner Yoga	AR	Cathie
12:30-1:30pm	Gentle Fitness	AR	Sharon
1:30-2:30pm	SilverSneakers Classic	AR	Micki
5:15-6:15pm	Butts & Guts Plus	AR	Karen
6:15-7:15pm	Zumba*	AR	Adriana

Saturday	Class	Room	Instr.
8:00-9:00am	CSI (Cardio Strength Intervals)	AR	Brook
8:30-9:30am	Stretched & Balanced*	WW	Shirl
9:00-10:00am	Cycling*	CR	DeDee
9:00-10:00am	Cardio Kickboxing	AR	Ameys S.
9:45-10:45am	Pilates	WW	Char
10:00-11:00am	Muscle Madness	AR	Amanda
10:15-11:15am	Strength Yoga	CR	Sharon
11am-12:00pm	Step It Up	AR	Amanda
12:00-1:00pm	Zumba*	AR	Amy C./ Laura

Changes from the previous month's schedule are indicated in bold/underline.

***Class Pass Required**– Pick up at Front Desk no earlier than 1 hour before the start of class.

Please hold on to your pass until the instructor collects them at the start of class.

As a courtesy to others, please consider giving up your pass if you are unable to stay the entire class.

All Yoga, Pilates and Stretched & Balanced classes will begin on time and the doors locked immediately to avoid disruption.

Room Legend -AR Aerobics Room, CR Cycling Room, WW Wagon Wheel, Pool, Gym

Infant Massage - class includes 2 sessions of 45 min, history and benefits of infant massage, instruction handbook, and 2 oz.

Fridays, April 20th & 27th

4:15-5:00 pm

Class # 474

Class Fee: \$42D or \$56ND

