

Monday	Class	Room	Instr.
5:15-6:15am	Muscle Madness	AR	Monica
5:15-6:15am	Cycling*	CR	Deanna
8:00-9:00am	Stretched & Balanced	WW	Brook
8:15-9:15am	Muscle Madness*	AR	Jo Ellen
9:15-10:15am	Cardio Kickboxing	AR	Tammy
9:15-10:15am	Cycling*	CR	Jeanie
9:45-10:45am	Zumba	Gym	Honey
9:30-10:30am	Splash	Pool	Calisse
10:15-11:15am	CSI (Cardio Strength Intervals)	AR	Jody Lee
11:15-12:15pm	Beginner Yoga*	CR	Cathie
11:15-12:15pm	SilverSneakers Classic*	AR	Calisse
12:30-1:30pm	Gentle Fitness	AR	Sharon
1:30-2:30pm	SilverSneakers Classic	AR	Calisse
4:45-5:45pm	Zumba	AR	Amy C.
5:30-6:30pm	Cycling*	CR	Mark
6:00-6:30pm	Step It Up*	AR	Karen
6:30-7:15pm	Muscle Madness*	AR	Karen
6:30-7:30pm	Vinyasa Yoga	CR	Jackie

Tuesday	Class	Room	Instr.
5:15-6:15am	Cardio Core Conditioning	AR	Monica
8:30-9:30am	Hatha Yoga	WW	Melinda
8:30-9:30am	Cycling*	CR	Amy M.
9:15-10:15am	Muscle Madness	AR	Amey S.
9:30-10:30am	Splash	Pool	Paula
9:45-10:45am	Pilates	CR	Amy M.
10:15-11:15am	Cardio Core Conditioning	AR	Jody Lee
11:15-12:15pm	SilverSneakers Circuit*	AR	Andrea
12:30-1:15pm	SilverSneakers Cardio	AR	Andrea
5:00-6:00pm	PiYo	AR	Laura
6:30-7:30pm	Pilates	CR	Char
6:00-7:00pm	Step It Up	AR	Terri
7:00-8:00pm	Zumba*	AR	Honey

Wednesday	Class	Room	Instr.
5:15-6:15am	Cycling*	CR	Jeanie
5:15-6:15am	Vinyasa Yoga	WW	Cynthia
8:30-9:30am	Deep Water Splash	Pool	Nancy
9:15-10:00am	Cardio Kickboxing	AR	Amey S.
9:15-10:15am	Cycling*	CR	Jo Ellen
9:30-10:30am	Zumba	Gym	Laura
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	Char
6:30-7:30pm	CSI (Cardio Strength Intervals)	AR	Karen

***New to The Trails?  
Would you like to learn  
about our equipment?***

**Sign up for one of our FREE  
Weight Room Orientations.**

**One of our Personal Trainers will  
give you a general overview of the  
equipment on the fitness floors.**

**Thurs Jan 31<sup>st</sup> 6:30~7:30pm**

**Sat Feb 16<sup>th</sup> 11:30~12:30pm**

**Sun Feb 24<sup>th</sup> 1:00~2:00pm**



**\*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.**

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

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
9:15-10:15am	Muscle Madness	AR	Jody Lee
9:30-10:30am	Splash	Pool	Paula
9:45-10:45am	Pilates	CR	Amy M.
10:15-11:15am	Step It Up	AR	Jody Lee
11:15-12:15pm	SilverSneakers Circuit*	AR	Andrea
6:00-7:00pm	CSI (Cardio Strength Intervals)	AR	Adriana
6:45-7:30pm	Splash	Pool	Calisse
7:00-8:00pm	Zumba	AR	Adriana

Friday	Class	Room	Instr.
<b><u>5:15-6:15am</u></b>	<b><u>Muscle Madness</u></b>	<b><u>AR</u></b>	<b><u>Deanna</u></b>
5:15-6:15am	Cycling*	CR	Jody
8:30-9:30am	Muscle Madness	AR	Carla
9:15-10:15am	Cycling*	CR	Jo Ellen
9:30-10:30am	Splash	Pool	Terri
9:30-10:30am	Zumba	Gym	Amy C.
10:00-11:00am	PiYo	AR	Amey S.
11:15-12:15pm	Beginner Yoga	AR	Cathie
12:30-1:30pm	Gentle Fitness	AR	Sharon
1:30-2:30pm	SilverSneakers Classic	AR	Calisse
5:15-6:15pm	Butts & Guts Plus	AR	Karen

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	Amey S.
9:45-10:45am	Pilates	WW	Brook
10:00-11:00am	Muscle Madness	AR	Amanda
11am-12:00pm	Step It Up	AR	Amanda
12:00-1:00pm	Zumba	AR	Laura/ Betsy

## Foam Rolling Class

**There are Many Health Benefits to Foam Rolling**

**Join Jo Ellen to Learn How to Properly Use Form Rollers for Your Personal Needs**

**Wednesday, February 20th**

**5:30-6:30 pm OR**

**Tuesday, February 26th**

**8:00-9:00 am**

**Fee: \$26.00\***

***\*36" Foam Roller Included in Fee***

\* \* \* \* \*  
**Changes from the previous month's schedule are indicated in bold/underline.**  
 \* \* \* \* \*  
All Yoga, Pilates, PiYo, Stretched & Balanced classes will begin on time & doors locked immediately to avoid disruption & safety issues.  
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