



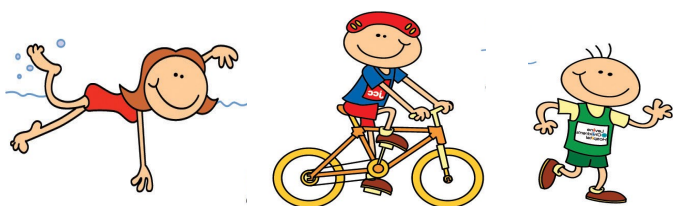
Monday	Class	Room	Instr.
5:15-6:15am	Muscle Madness	AR	Monica
8:15-9:15am	Muscle Madness*	AR	Jo Ellen
9:15-10:15am	Cardio Kickboxing	AR	Tammy
9:15-10:15am	Cycling*	CR	Deanna
9:45-10:45am	Zumba	Gym	Honey
9:30-10:30am	Splash	Pool	Calisse
10:15-11:15am	CSI (Cardio Strength Intervals)	AR	Brook
11:15-12:15pm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

Tuesday	Class	Room	Instr.
5:15-6:15am	Cardio Core Conditioning	AR	Monica
5:15-6:15am	Cycling*	CR	Jeanie
<b>8:30-9:30am</b>	<b>Cycling*</b>	<b>CR</b>	<b>JoEllen</b>
8:30-9:30am	Hatha Yoga	WW	Melinda
<b>9:15-10:15am</b>	<b>Muscle Madness</b>	<b>AR</b>	<b>Deanna</b>
9:30-10:30am	Aqua Zumba	Pool	Melissa
9:45-10:45am	Pilates	CR	Amy M.
<b>10:15-11:15am</b>	<b>Cardio Core Conditioning</b>	<b>AR</b>	<b>Jody Lee</b>
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
<b>6:00-7:00pm</b>	<b>Step It Up</b>	<b>AR</b>	<b>Terri</b>
<b>7:00-8:00pm</b>	<b>Zumba*</b>	<b>AR</b>	<b>Honey</b>

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
<b>6:30-7:30pm</b>	<b>CSI (Cardio Strength Intervals)</b>	<b>AR</b>	<b>Karen</b>

## 8th Annual Youth & Teen Sprint Triathlon

(grouped by ages 6-11 & 12-15)



**Saturday, June 16th**

**8:00 am**

\$25 Event# 4291

**LOOKOUT POOL**  
**5455 S Riviera Way**

**Registration Deadline:**

**June 9th**

**Sign up at the Front Desk or at**  
**[trailsrecreationcenter.org](http://trailsrecreationcenter.org)**



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
<b><u>9:15-10:15am</u></b>	<b><u>Muscle Madness</u></b>	<b><u>AR</u></b>	<b><u>Jody Lee</u></b>
9:30-10:30am	Splash	Pool	Paula
9:45-10:45am	Pilates	CR	Amy M.
<b><u>10:15-11:15am</u></b>	<b><u>Step It Up</u></b>	<b><u>AR</u></b>	<b><u>Jody Lee</u></b>
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	Mary Ann

Friday	Class	Room	Instr.
5:15-6:15am	Cycling*	CR	Jody
<b><u>8:30-9:30am</u></b>	<b><u>Muscle Madness</u></b>	<b><u>AR</u></b>	<b><u>Carla</u></b>
<b><u>9:15-10:15am</u></b>	<b><u>Cycling*</u></b>	<b><u>CR</u></b>	<b><u>Jo Ellen</u></b>
9:30-10:30am	Splash	Pool	Terri
9:30-10:30am	Zumba	Gym	Honey/ Mary Ann
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
11am-12:00pm	Step It Up	AR	Amanda
12:00-1:00pm	Zumba*	AR	Amy C.

**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



Check out our Facebook Page for specials and upcoming events!

Search for Trails Recreation Center!

