

ADULT FITNESS SCHEDULE – APRIL, 15TH 2019 – ALL ADULT CLASSES FREE FOR MEMBERS UNLESS NOTED BY “\$”



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pound 8:30-9:20 Julie – Room 3	Commuter Yoga 7am-8:30am Janice – Room 54		Commuter Yoga 7am-8:30am Janice – Room 54		Commuter Yoga 7am-8:30am Janice – Room 54	
Spincycle - \$ 8:30am-9:30am Jodi – Bike Studio				Stretch & Tone 9am-10am Laura – Room 3	H.I.I.T. 8am-9:30am RJ – Gym 1	
Spincycle - \$ 9:30am-10:30am Jodi – Bike Studio	H.I.I.T. 8am-9:30am RJ – Gym 1	Stretch & Tone 9am-10am Laura – Room 3	H.I.I.T. 8am-9am RJ – Gym 1	Yoga 10:15am-11:45am Elaine – Room 54	Aqua Aerobics High Impact 8:30am-9:30am Pat - Pool	
	Aqua Aerobics High Impact 8:30am-9:30am Pool	Aqua Aerobics Low Impact 8:30am-9:30am Ann - Pool	Aqua Aerobics High Impact 8:30am-9:30am Pool	Aqua Aerobics Low Impact 8:30am-9:30am Pool	Aqua Arthritis - \$ 10am-11am Ann - Pool	SPINCYCLE \$  10:00m-11:00am Cyndi- Bike Studio
Zumba 9:30am-10:30am Laura – Room 3	Zumba 9am-10:00am Adrianna – Room 3	Yoga 10:15am-11:45am Elaine – Room 54	Zumba 9am-10am Adrianna – Room 3	Senior Shape Up 11am-12pm Laura – Room 3	Raising the Barre 10:15am-11:15am Laura – Room 3	
	Raising the Barre 10:05am-11:05am Laura – Room 3	Y-ercise 11:15am-12:15pm Laura – Room 3	Tai Chi 10:15am-11:15am Regina – Room 54		Zumba 11:20am-12:20pm Laura – Room 3	
Yoga 10am-11 Michelle – Room 54	Senior Shape Up 11:10am-12:10am Ann – Room 3	Yoga 2 12:15pm-1:45pm Elaine – Room 54	Senior Shape Up 11am-12pm Laura – Room 3	Yoga 2 12:15pm-1:45pm Elaine – Room 54		
	Tai Chi 10:15am-11:15am Regina – Room 54		SPINCYCLE \$ 6:00pm-7:00 pm Jodi Bike Studio	Line & Country 1pm-2pm Norma – Room 3		
	Y-ercise 6pm-7pm Laura – Room 3	Body Blast 5pm-6pm Julie – Room 3	Y-ercise 6pm-7pm Laura – Room 3	Body Blast 5pm-6pm RJ – Room 3		
	Women's Self Defense \$ 6pm-7 Room 54		Women's Self Defense \$ 6pm-7 Room 54			
	Tap Dance 7:05pm-8:05pm Laura -Room 3	Raising the Barre 6pm-7pm Laura – Room 3		Raising the Barre 6:00pm-7:00pm Laura – Room 3		
	Aqua Aerobics High Impact 7:15pm-8:15pm Pat – Pool			Aqua Aerobics High Impact 7:15pm-8:15pm Pat - Pool		
	Hatha Yoga 7pm-8:30pm Michelle– Room 54	Zumba 7pm-8 Laura – Room 3	Hatha Yoga 7pm-8:30pm Michelle– Room 54	Zumba 7pm-8pm Laura – Room 3		
	Spincycle - \$ 7:30pm-8:30pm Jodi – Bike Studio		Beg. Ballroom - \$ 7pm-8pm Norma – Room 3			
	Dance - \$ 8:15pm-9:30pm Norma – Room 3		Ballroom Latin - \$ 8:15pm-9:15pm Norma – Room 3	TRX - \$ 8pm-9pm RJ – Room 3		

