

Date: 2/1/2012

Class schedule is subject to change, call to verify.

Health & Fitness Group

Time	Mon	Tue	Wed	Thu	Fri
5:00 AM	Boot Camp ● Mike	Boot Camp ● Pat		Boot Camp ● Mike	Boot Camp ● Pat
6:30 AM		*Functional Fitness ♦	Boot Camp Bar ♦ Katelyn	*Functional Fitness ♦	
7:45 AM		Core & More Valerie ●		Core & More Valerie ●	
8:00 AM	Z-Health ♦ Dr. Teagle		Z-Health ♦ Dr. Teagle		
8:00 AM	Low Impact Aerobics ●		Low Impact Aerobics ●		Low Impact Aerobics ●
8:45 AM		Zumba Chris ●		Zumba Chris ●	
8:45 AM		Cycle MJ		Cycle Vanessa	
9:00 AM		*S.O.S. Val		*S.O.S. Val	
9:00 AM	Step ● Cheryl		Step ● Cheryl		Step ● Cheryl
9:00 AM	Body Sculpt ♦ Mary		Body Sculpt ♦ Mary		Body Sculpt ♦ Mary
9:45 AM		Pilates ● Teri		Pilates ● Teri	
10:00 AM		Boot Camp Express ♦ Liz		Boot Camp Express ♦ Liz	
10:15 AM	Chair Works ♦ Rich		Chair Works ♦/ Zumba Mary●		Chair Works ♦ Rich
10:30 AM		Senior Sneakers ● Shelley		Senior Sneakers ● Mary	
11:00 AM	Hatha Yoga ♦ Shelley		Hatha Yoga ♦ Paulette	Belly Dance ♦ Sidney	Hatha Yoga ♦ CJ
11:30 AM		Beginning Level Tai Chi ●		Beginning Level Tai Chi ●	
Noon	Circuit Training Stacy	Washboard Abs ♦ Lacey	Circuit Training Stacy	Washboard Abs ♦ Lacey	Elder Explorers TBA
12:15 PM	*Functional Fitness ♦	Cycle Express Lacey	*Functional Fitness ♦	Cycle Express Lacey	*Functional Fitness ♦
12:45 PM				Chen Style Tai Chi ●	
4:00 PM				Kid's Zumba ● Ages 8-12	
4:30 PM	Kickboxing Paulette ♦	Belly Dance ♦ Sidney	Kickboxing Paulette ♦		
5:00 PM		Rock Bottom ● Spring Schedule	Zumba ● Courtney	Rock Bottom ● TBA	Zumba ● Courtney
5:00 PM	*S.O.S. Girls Ages 11-18		*S.O.S. Girls Ages 11-18	Swordsmanship ♦ Justin	
5:30 PM		Free Self Defense ♦ Ken			
5:30 PM			30 min. Intro to Cycle Vanessa		
5:30 PM	AB LAB Heidi ♦	Step ●	AB LAB Heidi ♦	Step ●	
6:00 PM	Zumba ♦ Jenni		Hula Hoop Dancing ♦ Heidi	Swordsmanship ♦ Justin	
6:00 PM		Cycle Vanessa			
6:15 PM				Cycle Sylvia 6:15	
6:00 PM	Boot Camp ● Frank		Boot Camp ● Frank		
6:15 PM	Cycle Sylvia	Power Pump Sylvia ●	Cycle Sharon	Power Pump Paulette ●	
7:00 PM			<i>Hula begins 4/4 ● Kat</i>	Swordsmanship ♦ Justin	
7:00 PM	*Family Martial Arts ♦	Yoga Flow ● Paulette	*Family Martial Arts ♦	Yoga Flow ● Paulette	

Collins Classroom ♦ Multipurpose Room ● Gym ■ Cycle Classes are held upstairs in the Cycle Room
 Fitness instructor permission required for all class participants under 15 years, unless otherwise specified.
 *Specialty Classes require registration and a class fee, stop by the courtesy desk for more information.

