

Group Fitness Class Schedule October 2024

Business Hours

Monday-Thursday 4 AM-10 PM
Friday 4 AM-9 PM
Saturday-Sunday 6 AM-8 PM

Rec Room Babysitting Hours

Reservations are required. Limit 12

Monday-Friday 9 AM-1:00 PM
Mon, Tues, Thurs **(no Wed.)** 4-7:00 PM
Friday 4-6:30 PM
Saturday 8 AM-12 PM

Format Legend

Cardio	Dance
Mind and Body	Silver Sneakers
Strength	Specialty Format

October Changes

Beginning in October, the babysitting room will no longer be open on Wednesday evenings.

High Court

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Kickboxing \$ 5:30-6:15 AM Dan/Aaron	Muscle Works 5:30-6:30 AM Janet	Kickboxing \$ 5:30-6:15 AM Karla/Aaron	LES MILLS BODYPUMP 5:30-6:15 AM Tracey	Kickboxing \$ 5:30-6:15 AM Sandy/Aaron	
Core 6:15-6:30 AM Dan/Aaron			Butts and Guts 6:15-6:30 AM Sandy	Core 6:15-6:30 AM Sandy/Aaron	
SilverSneakers® Classic 8:10-8:55 AM Shiho	Beginner Step 7:30-8:00 AM Katie/Julie	SilverSneakers® Classic 8:10-8:55 AM Chris N.	Beginner Step 7:30-8:00 AM Chris N.	SilverSneakers® Classic 8:10-8:55 AM Candy	Muscle Works 8:00-9:00 AM Tracey
Muscle Works 9:20-10:20 AM Deb	SilverSneakers® Circuit 8:10-8:55 AM Heidi	Muscle Works 9:20-10:20 AM Janet	SilverSneakers® Circuit 8:10-8:55 AM Candy	Muscle Works 9:20-10:20 AM Chris G.	Step 9:10-9:55 AM Chris N.
Active 4 Life: Cardio 10:30-11:15 AM Candy	SilverSneakers® Yoga 9:10-9:55 AM Heidi	Active 4 Life: Strength 10:30-11:15 AM Candy	SilverSneakers® Yoga 9:10-9:55 AM Angela	Active 4 Life: Cardio/Strength 10:30-11:15 AM Candy	
Kickboxing \$ 11:30-12:15 PM Hannah	Line Dancing 10:15-11:00 AM Jamie	Kickboxing \$ 11:30-12:15 PM Rob/Aaron	Line Dancing 10:15-11:00 AM Jamie	Kickboxing \$ 11:30-12:15 PM Team	
SilverSneakers® Classic 1:35-2:20 PM Candy	LES MILLS BODYPUMP 11:30-12:15 PM Kristy	SilverSneakers® Classic 1:35-2:20 PM Candy	LES MILLS BODYPUMP 11:30-12:15 PM Katie/Julie	SilverSneakers® Classic 1:35-2:20 PM Chris N.	LES MILLS BODYPUMP 9:00-9:55 AM Tracey
Kickboxing \$ 4:30-5:15 PM Ashley	Metabolic Strength Training 4:30-5:15 PM Ashley	Kickboxing \$ 4:30-5:15 PM Kerry	LES MILLS BODYPUMP 4:30-5:25 PM Julie/Marcia		
Metabolic Strength Training 5:30-6:15 PM Ashley	LES MILLS BODYPUMP 5:30-6:25 PM Katheryn	Metabolic Strength Training 5:30-6:30 PM Dixie			Zumba® 4:00-4:45 PM Shiho
	Shotokan Karate 6:30-7:30 PM Mark		Shotokan Karate 6:30-7:30 PM Mark		

Fitness Classroom

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Build & Burn + Core 7:30-8:30 AM Janet		Core 6:15-6:30 AM Bob/Ali			
Zumba Gold® 9:05-9:50 AM Shiho	Yoga 9:20-10:20 AM Brenda	Zumba Gold® 9:05-9:50 AM Jamie	Yoga 9:20-10:20 AM Sandy	Zumba Gold® 9:05-9:50 AM Jamie	Yoga 9:20-10:20 AM Team
Body Barre 10:30-11:15 AM Jacki		Yoga Flow 10:00-11:00 AM Cher		Yoga 10:00-11:00 AM Brenda	
		Yoga + Core 5:30-6:25 PM Angela			SUNDAY
Yoga 6:00-7:00 PM Leslie		Tai Chi 6:30-7:30 PM Bill		Tai Chi 6:30-7:30 PM Bill	

TRX® Suspension Training® and Specialty Classes

Morning Madness 5:25-6:10 AM Brad	TRX® 5:30-6:15 AM Yvette		TRX® 5:30-6:15 AM Yvette		
TRX® 10:30-11:15 AM Bob	Athletic Edge 5:15-6:30 PM Brenda				

Cycling Studio

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Cycle Strength 5:25-6:10 AM Bob/Ali		Cycling 5:25-6:10 AM Brad	LES MILLS RPM 8:00-8:45 AM Kristy/Ali
	LES MILLS RPM 10:30-11:15 AM Kristy/Rob	LES MILLS sprint 12:20-12:50 PM Kristy		LES MILLS RPM Xpress 12:20-12:50 PM Rob	
LES MILLS RPM 5:30-6:15 PM Ali	Cycle Strength 5:30-6:15 PM Bob	LES MILLS sprint 5:30-6:00 PM Dan			SUNDAY
					LES MILLS sprint 8:15-8:45 AM Kristy

**Silver Sneakers and Active 4 Life Classes are open to ALL members!
Classes are held in the high court.**