










GROUP EXERCISE

BACK GYM MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

5:30AM			Bells, Bars & Bands w/Loreen	Cardio & Sculpt w/Loreen		
6:00AM	Cycle Core w/ Sam Fireside Rm	Boot Camp w/Sam			Cycle Core w/ PJ Fireside Rm	
8:15AM						 w/Andrea @ 8:15
9:00AM	 w/Andrea	 *	 w/Julia	 *	 w/Amy	
10:15AM	Tumbleweed Preschool	Sitter-cize w/Holly	Silver&Fit Experience* w/Holly	Sitter-cize w/Holly	Silver&Fit Experience* w/Holly	
12:30PM	Pickleball 11:30-4:00	Pickleball 11:30-4:00		Pickleball 11:30-4:00		
3:00PM			Pickleball 1:30-4:00	Chair Yoga Coffee Time Rm	Pickleball 1:30-4:00	
4:30PM		Boot Camp w/Sam		Line Dancing w/Cris		
5:00PM	 w/Jennifer		 w/Jennifer	Cycle Core 5:30-6:30 Fireside Room		

MAIN GYM MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

8:45AM	Active Older Adults w/Nancy		Active Older Adults w/Chris		Active Older Adults w/Nancy
10-1PM	CO-ED ADULT BASKETBALL	Preschool	CO-ED ADULT BASKETBALL	Preschool	CO-ED ADULT BASKETBALL
Afternoons	Preschool/ Afterschool	Preschool/ Afterschool	Preschool/ Afterschool	Preschool/ Afterschool	Preschool/ Afterschool

Upstairs – CASCADE MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

9:00AM	Yoga w/Mary	Yoga w/Mary		Yoga w/Mary	
10:15AM	30 Minute Core w/Julie		30 Minute Core w/Nancy		30 Minute Core w/Rochelle
11:00AM		Totally Fit Yoga Gentle Flow w/Kristina			Totally Fit Yoga Gentle Flow w/Kristina
Evening Times	Cycle Core 5:30-6:30 Fireside Room	Yoga 5:30-6:30 w/Mary		Yoga 5:30-6:30 w/Mary	

****Note: Schedule Subject to change.****