

# GROUP EXERCISE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00am (CC) Cycle Together Patti	7:30-8:45am(BG) Tai Chi Don	8:00am (CC) Cycle Together Patti	7:30-8:45am(BG) Tai Chi Don	8:00am (CC) Cycle Together Patti	
		9:15am (CC) Cycle Together Nov 5th-April 29th Patti			8:00am (BG) Latin Dance Aerobics Varies
7:45am (BG)  Susan		7:45am (BG) ZUMBA Toning Andrea			
8:45am (MG) Active Older Adult Nancy	9:00am (CR) Yoga Linda	8:45am (MG) Active Older Adults Nancy	9:00am (CR) Yoga Linda	9:00am (CR) Flexible Friday Yoga Linda	
9:00am (BG) Latin Dance Aerobics Laura	9:00am (BG) STEP Aerobics Christine	9:00am (BG)  Grace	9:00am (BG) STEP Aerobics Christine	9:00am (BG) Latin Dance Aerobics Laura	
9:00am (CR) Wake Up & Bounce Colleen		9:00am (CR) Yoga Fit Mary			
10:15am (BG) Rise Up Holly	10:15am (BG) Sit or Stand Holly	10:15am (BG) Silver & Fit Experience Colleen	10:15am (BG) Sit or Stand Holly	10:15am (BG) Silver & Fit Experience Colleen	
10:15am (CR) Barre Elizabeth		10:15am(CR) Line Dancing Marcia			
5:00pm (BG)  Jennifer		5:00pm (BG)  Grace	5:30-6:30 (CC) Cycle Together Annie	5:00pm (BG)  Grace	
<b>Tae Kwon Do 2 classes</b>	6:00-7:00(CR) TaeKwonDo BEG Ethron Cost: \$35/70mth	5:30-6:30(CR) Yoga Mary	6:00-7:00(CR) TaeKwonDo BEG Ethron Cost: \$35/70mth		
<b>AIKIDO 6:00-8:00pm Cost:\$35/\$70mth Heather/Roy</b>	7:00-8:00 (CR) TaeKwonDo Ethron Cost: \$35/70mth	<b>AIKIDO 6:00-8:00pm Cost:\$35/\$70mth Heather/Roy</b>	7:00-8:00 (CR) TaeKwonDo Ethron Cost: \$35/70mth		

**BG = Back Gym MG = Main Gym CR = Cascade Room CC = Cycle Core Room**

**RC = Racquetball Court #5**

**\*\*Note: Schedule subject to change. \*\***

**Look for class descriptions on previous page. Classes with costs require preregistration.**