



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00am (CC) Cycle Together Patti	8:00am (BG) Zumba® Gold Susan	8:00am (CC) Cycle Together Patti	8:00am (BG) Zumba® + Lift Andrea	8:00am (CC) Cycle Together Patti	8:00am (BG) Zumba® + Lift Varies
					
8:45am (MG) Active Older Adult Nancy	9:00am (CR) Yoga Fit Linda	8:45am (MG) Active Older Adult Nancy	9:00am (CR) Yoga Fit Linda	9:00am (CR) Flexible Friday Yoga - Linda	
9:00am (BG) Latin Dance Laura	9:00am (BG) STEP Aerobics Christine	9:00am (BG) Zumba® Grace	9:00am (BG) STEP Aerobics Christine	9:00am (BG) Latin Dance Laura	
		9:00am (CR) Yoga Fit Mary			
	10:15am (BG) Sit or Stand Holly	10:15am (BG) Functional Fitness Varies	10:15am (BG) Sit or Stand Holly	10:15am (BG) Functional Fitness Varies	
10:15am (CR) Barre Elizabeth		10:15am (CR) Line Dancing Marcia		11:00am (CR) Mommy & Me Brittney Cost: \$10/\$40	
			5:00pm (CC) Cycle Together Annie		
5:00pm (BG) Zumba® Jennifer	5:00pm (BG) Boot Camp Chrissy	5:00pm (BG) Zumba® Grace	5:00pm (BG) Boot Camp Chrissy	5:00pm (BG) Zumba® Grace	
	6:00-7:00 (CR) TaeKwonDo BEG Ethron Cost: \$35/\$70	5:30pm (CR) Yoga Mary	6:00-7:00 (CR) TaeKwondo BEG Ethron Cost: \$35/\$70		
	7:00-8:00 (CR) TaeKwonDo Ethron Cost: \$35/\$70		7:00-8:00 (CR) TaeKwonDo Ethron Cost: \$35/\$70		

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

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

****Note Schedule Subject to Change****