



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP EXERCISE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00am (CC) Cycle Together Patti	5:45-6:30am(BG) Boot Camp Chrissy	8:00am (CC) Cycle Together Patti	5:45-6:30am(BG) Boot Camp Chrissy	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 Laura	9:00am (BG) STEP Aerobics Christine	9:00am (BG) Grace 	9:00am (BG) STEP Aerobics Christine	9:00am (BG) Latin Dance 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			
11:30am(FS) Mindful Motion Cassie			11:30am(FS) Mindful Motion Cassie		
5:00pm (BG)  Jennifer		5:00pm (BG)  Grace	5:30-6:30 (CC) Cycle Together Annie	5:00pm (BG)  Grace	
Tumble & Twirl(CR) 4:30-5:15 Age 3-4 5:30-6:15 Age 5-7 Cost: \$30/\$35 Kennedy	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		
Jazz Funk (CR) 6:30-7:30 Age 8-10 Cost: \$30/\$35 Kennedy	7:00-8:00 (CR) TaeKwonDo Ethron Cost: \$35/70mth		7:00-8:00 (CR) TaeKwonDo Ethron Cost: \$35/70mth		

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

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

**Look for class descriptions on previous page. Classes with costs require preregistration. 17**