










# GROUP EXERCISE

BACK GYM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30AM	Strong by ZUMBA 6am		Mixed Resistance w/Loreen	Cardio & Sculpt w/Loreen		
6:00AM	Cycle Core w/Fred	Boot Camp w/Susan			Cycle Core w/PJ	
8:15AM						 w/Andrea @ 8:15
9:00AM	 w/Andrea	 w/Instructor	 w/Julia	 w/Instructor	 Varies	
10:15AM	Tumbleweed Preschool	Sitter-size w/Holly	Silver&Fit Experience* w/Holly	Sitter-size w/Holly	Silver&Fit Experience* w/Holly	
11:30AM	Pickleball 11:30-4:00	Pickleball 11:30-4:00	Tai Chi 12:30-1:30	Pickleball 11:30-4:00	Tai Chi 12:30-1:30	
3:00PM			Tumbleweeds 1:30-4:00	Chair Yoga Coffee Time Rm	TW 1:30 to 4 pm	
4:30PM		Boot Camp w/Fred		Boot Camp w/Fred	Afterschool 4 to 5pm	
5:00PM	 w/Jennifer		 w/Jennifer			

MAIN GYM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:45AM	Active Older Adults w/Nancy		Active Older Adults w/Nancy		Active Older Adults w/Chris
10-1PM	CO-ED ADULT (18+) BASKETBALL	Pickleball 11:30-2:00	CO-ED ADULT (18+) BASKETBALL	Pickleball 11:30-2:00	CO-ED ADULT (18+) BASKETBALL
Afternoons	Preschool	Preschool	Pickleball 1:30 to 3:30 pm	Preschool	Pickleball 1:30-3:30pm

Upstairs – CASCADE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00AM	Yoga Fit w/Mary	Yoga Fit w/Mary	Cardio Kickboxing w/Tiffany	Yoga Fit w/Mary	Cardio Kickboxing w/Tiffany
10:15AM	30 Minute Core w/Julie		30 Minute Core w/Nancy		30 Minute Core w/Tiffany
11:00AM		Totally Fit Yoga Gentle Flow w/Karen		Barre Sculpting 10:30-11:00am 10/11-11/29	Totally Fit Yoga Gentle Flow w/Ellie
Evening Times	Cycle Core 5:30pm Fireside Room w/April	Yoga Fit 5:30-6:30 w/Mary		Yoga Fit 5:30-6:30 Cycle Core 5:30 Fireside Room	

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