

GROUP EXERCISE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					
8:45am (MG) Active Older Adults Nancy		8:45am (MG) Active Older Adults Nancy			
9:00am (BG)  Laura	9:00am (CR) Yoga Fit Mary Limit 12	9:00am (BG)  Sandra	9:00am (CR) Yoga Fit Mary Limit 12	9:00am (BG)  Laura	
9:00am (CR) Barre Elizabeth					
			10:15am(CR) Gentle Yoga Shawna		
	10:15am (BG) Sitter-cize Holly	10:15am (BG) Silver & Fit Experience Colleen	10:15am (BG) Sitter-cize Holly	10:15am (BG) Silver & Fit Experience Colleen	
5:00pm (CR) Yogilates Ellie					
5:00pm (BG)  Jennifer		5:00pm (BG)  Laura	5:30pm (CC) Cycle Core April		
Tae Kwon Do 2 classes	6:00-7:00(CR) TaeKwonDo BEG Ethron Cost: \$30/60mth		6:00-7:00(CR) TaeKwonDo BEG Ethron Cost: \$30/60mth		
Beginners at 6:00pm All other levels at 7:00pm	7:00-8:00 (CR) TaeKwonDo Ethron Cost: \$30/60mth	6:30-8:00pm (CR) Martial Arts 16+ Robert Cost: \$15/\$30mth	7:00-8:00 (CR) TaeKwonDo Ethron Cost: \$30/60mth		

BG = Back Gym MG = Main Gym CR = Cascade Room CC = Cyle Core Room (Old Rainbow Corner)

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

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