

# GROUP EXERCISE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00am (CC) Cycle Core Patti					
8:45am (MG) Active Older Adults Nancy		8:45am (MG) Active Older Adults Nancy			
9:00am (BG) Latin Dance Aerobics Laura	8:45am (CR) Yoga Fit Mary Limit 12	9:00am (BG)  Sandra	8:45am (CR) Yoga Fit Mary Limit 12	9:00am (BG) Latin Dance Aerobics Laura	
9:00am (CR) Barre Elizabeth	9:30am (WR) Get Strong with Brittany C		9:30am (WR) Get Strong with Brittany C		
		10:00am (CC) Cycle Core Patti			
10:15am (BG) Silver & Fit Experience Colleen	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	
		10:15am(CR) Gentle Yoga Shawna			
4:00pm(CR) POP Pilates Brittney W					
5:00pm (BG)  Jennifer	5:15pm (CC) Cycle Core Megan	5:00pm (BG)  Brittney W	5:15pm (CC) Cycle Core Megan	5:00pm (BG)  Brittney W	
<b>Tae Kwon Do 2 classes</b>	6:00-7:00(CR) TaeKwonDo BEG Ethron Cost: \$30/60mth		6:00-7:00(CR) TaeKwonDo BEG Ethron Cost: \$30/60mth		
<b>Beginners at 6:00pm All other levels at 7:00pm</b>	7:00-8:00 (CR) TaeKwonDo Ethron Cost: \$30/60mth		7:00-8:00 (CR) TaeKwonDo Ethron Cost: \$30/60mth		

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

**WR = Weight Room**

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

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