

# GROUP EXERCISE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00am (CC) Cycle Core Patti		8:00am (CC) Cycle Core Patti			
8:45am (MG) Active Older Adults Nancy		8:45am (MG) Active Older Adults Nancy		9:00am (CR) Flexible Friday Yoga Linda	
9:00am (BG) Latin Dance Aerobics Laura	9:00am (CR) Yoga Fit Linda	9:00am (BG)  Kati	9:00am (CR) Yoga Fit Linda	9:00am (BG) Latin Dance Aerobics Laura	
9:00am (CR) Barre Elizabeth	9:30am (WR) Get Strong	9:00am (CR) Line Dancing Marcia	9:30am (WR) Get Strong Elizabeth		
				10:00am (CC) Cycle Core Meghan	
10:15am (BG) Silver & Fit Experience Colleen	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) Yoga for Mobility Shawna			
4:00pm(CR) POP Pilates Brittney W					
5:00pm (BG)  Jennifer	5:15pm (CC) Cycle Core Megan	5:00pm (BG)  Brittney W		5:00pm (BG)  Brittney W	
5:00pm (CR) YOGA Mary	6:00-7:00(CR) TaeKwonDo BEG Ethron Cost: \$30/60mth	6:00pm (CR) Yoga Linda	6:00-7:00(CR) TaeKwonDo BEG Ethron Cost: \$30/60mth		
<b>AIKIDO</b> 6:00-8:00pm Cost:\$30/\$60mth Heather/Roy	7:00-8:00 (CR) TaeKwonDo Ethron Cost: \$30/60mth	<b>AIKIDO</b> 6:00-8:00pm Cost:\$30/\$60mth Heather/Roy	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 CT = Coffee Time Room

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

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