

GROUP EXERCISE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00am (CC) Cycle Together Patti		8:00am (CC) Cycle Together Patti		8:00am (CC) Cycle Together Patti	
8:45am (MG) AOA Instructor Varies		8:45am (MG) Active Older Adults Instructor Varies		9:00am (CR) Flexible Friday Yoga Linda	8:05-9:00am  Christina
9:00am (BG) Latin Dance Aerobics Laura	9:00am (CR) Yoga Linda	9:00am (BG)  Christina	9:00am (CR) Yoga Linda	9:00am (BG) Latin Dance Aerobics Laura	
	9:30am (WR) Get Strong Lynne	9:00am (CR) Line Dancing Marcia	9:30am (WR) Get Strong Elizabeth		
10:15am (CR) Barre Elizabeth	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	
	10:30am(CR) Restorative Yoga Linda	10:15am(CR) Yoga for Mobility Mary		10:30am(CR) Restorative Yoga Kady	
			4-5:00pm (WR) Yth Foundations Sammy		
5:00pm (BG)  Jennifer		5:00pm (BG)  Brittney W	5:00pm (BG) MIXXEDFIT Grace/Brittney/ Janice Starts 3/28	5:00pm (BG)  Christina	
Tae Kwon Do 2 classes	6:00-7:00(CR) TaeKwonDo BEG Ethron Cost: \$35/70mth		6:00-7:00(CR) TaeKwonDo BEG Ethron Cost: \$35/70mth		
AIKIDO 6:00-8:00pm Cost:\$35/\$70mth Heather/Roy	7:00-8:00 (CR) TaeKwonDo Ethron Cost: \$35/70mth	AIKIDO 6:00-8:00pm Cost:\$35/\$70mth Heather/Roy	7:00-8:00 (CR) TaeKwonDo Ethron Cost: \$35/70mth		

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

WR = Weight Room RC = Racquetball Court #5

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



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