

Week of August 2

GROUP EX CLASSES

MONDAY

9a: Cross Training - Beth (MPR)

615p: Turbokick - Beth (MPR)

TUESDAY

515a: Kettlebell-Jen (AR)

9a: Cardio Sculpt-Carol (MPR)

515p: Step Up-Rhonda (MPR)

630p: Zumba-Joelle (MPR)

WEDNESDAY

9a: PiYo-Diane (AR)

530p: RIP-Dana (MPR)

6:30p: Circuit-Nancy (FS)

630p: Yoga-Rita (AR)

THURSDAY

9a: Turbokick-Beth (MPR)

9a: Yoga-Carol (AR)

515p: Step Up-Rhonda (MPR)

FRIDAY

515a: Cycle Bootcamp-Marisa (MPR)

9a: Step Up-Carol (MPR)

530p: Piloxing-Dana (AR)

SATURDAY

9a: RIP - Dana (MPR)

10:15a: Zumba - Megan (MPR)

CYCLE CLASSES

MONDAY

615p: Cycling-Chris \$2

WEDNESDAY

515a: Cycling-Misty \$2

9a: Cycling-Amanda \$2

630p: Cycling-Mandy \$2

THURSDAY

515p: Beginner Cycling-Rick (free)

SATURDAY

8a: Cycling-Megan \$2

KEY

MPR=Multi-Purpose Room

AR = Aerobic Room

FS=Fitness Studio

V = Zoom Virtual Option

**Looking for smaller
classes &
personalized
attention?!**

SMALL GROUP CLASSES

MONDAY

515a: Monday Mix - Beth (MPR) \$5

9a: Barre-Diane (AR) \$5

515p: Power Hour - James (MPR) \$5

TUESDAY

9a: Tuesday Tone Up-Beth (AR) \$5

515p: Upper Body Burn-Marisa (AR) \$5

615p: Butts&Guts-Marisa (AR) \$5

WEDNESDAY

515p: Tone Up-Marisa (AR) \$5

THURSDAY

515a: Strength&Cardio-Marisa (MPR) \$5

515p: Total Body Blast-Mandy (AR) \$5

FRIDAY

9a: Bootycamp-Beth (AR) \$5

SATURDAY

7a: Upper Body Burn-Diane (AR) \$5



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