

Week of September 13

GROUP EX CLASSES

MONDAY

9a: Cross Training - Amanda (MPR)

TUESDAY

515a: Cross Training-Jen (MPR)

9a: Cardio Sculpt-Carol (AR)

515p: Step Up-Rhonda (MPR)

630p: Zumba-Joelle (MPR)

WEDNESDAY

830a: Upper Body Supersets-Diane (AR)

9a: PiYo-Diane (AR)

6:30p: Circuit-Nancy (FS)

630p: Yoga-Rita (AR)

THURSDAY

9a: Yoga-Carol (AR)

515p: Step Up-Rhonda (MPR)

630p: Zumba-Megan (MPR)

FRIDAY

515a: Cycle Bootcamp-Marisa (MPR)

9a: Step Up-Carol (MPR)

SATURDAY

10:15a: Zumba - Megan (MPR)

CYCLE CLASSES

MONDAY

615p: Cycling-Chris \$2

TUESDAY

9a: Beginner Cycling-Lori (free)

WEDNESDAY

515a: Cycling-Ashley \$2

9a: Cycling-Amanda \$2

630p: Cycling-Mandy \$2

THURSDAY

9a: Beginner Cycling-Pam (free)

515p: Beginner Cycling-Rick (free)

SATURDAY

8a: Cycling-Mandy \$2

Looking for smaller
classes &
personalized
attention?!

SMALL GROUP CLASSES

MONDAY

515a: Super Circuit - Marisa (MPR) \$5

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

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

TUESDAY

9a: Muscle Blast-Amanda(MPR) \$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

6:15p: Total Body Blast-Mandy (AR) \$5

FRIDAY

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

SATURDAY

7a: Saturday Sculpt-Diane (AR) \$5

KEY

MPR=Multi-Purpose Room
AR = Aerobic Room
FS=Fitness Studio



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for additional
workouts