

Week of May 23

GROUP EX CLASSES

MONDAY

515a: Outdoor Bootcamp-Beth
9a: Cross Training - Amanda (MPR)
615p: Turbokick - Beth (MPR)

TUESDAY

515a: Cross Training-Jen (MPR)
515p: Step Up-Rhonda (MPR)
630p: Zumba-Joelle (MPR)

WEDNESDAY

830a: Super Sets-Diane (AR)
9a: PiYo-Diane (AR)
5:30p: Step Circuit-Lori (MPR)
6:30p: Circuit-Nancy (FS)
630p: Yoga-Rita (AR)

THURSDAY

10a: Yoga-Dani (AR)
515p: Step Up-Rhonda (MPR)
630p: Zumba-Lori (MPR)

FRIDAY

515a: Cycle Bootcamp-Tina (MPR)
9a: F.I.T.- Marian (MPR)

SATURDAY

10:15a: Zumba - Megan (MPR)

CYCLE CLASSES

MONDAY

615p: Cycling-Chris \$2

TUESDAY

9a: Beginner Cycling-Lori (free)

WEDNESDAY

515a: Cycling-Misty \$2
9a: Cycling-Amanda \$2
6p: Cycling-Chris \$2

THURSDAY

9a: Beginner Cycling-Pam (free)

SATURDAY

8a: Cycling-Gretchen \$2

Looking for smaller
classes &
personalized
attention?!

SMALL GROUP CLASSES

MONDAY

515a: Outdoor Bootcamp- Beth
9a: Barre-Diane (AR) \$5
515p: Barbell Bonanza- Beth (MPR)\$5

TUESDAY

9a: Muscle Blast-Beth (MPR) \$5
515p: Buns & Guns-Tina (AR) \$5

WEDNESDAY

515p: Abs and More-Jamie (WC) \$5

THURSDAY

515a: Tread n Shred-Beth (WC) \$5
515p: Full Body Blast - Tina (AR) \$5

FRIDAY

515p: Happy Hour - Jamie (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