

Week of August 8

GROUP EX CLASSES

MONDAY

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

TUESDAY

515a: Cross Training-Jen H (MPR)
12:15p: Little Movers/Shakers (MPR)
Mommy and Me
515p: Step Up-Rhonda (MPR)
630p: Zumba-Megan (MPR)

WEDNESDAY

8:30a: Supersets-Diane (AR)
9a: PiYo-Diane (AR)
5:30p: Drummercize-Lori (MPR)
6:30p: Circuit-Nancy (FS)
630p: Yoga-Rita (AR)

THURSDAY

9a: Turbokick-Beth (MPR)
10a: Yoga-Dani (AR)
12:15p: Little Movers/Shakers (MPR)
Mommy and Me
515p: Step Up-Rhonda (MPR)
630p: Zumba-Lori (MPR)

FRIDAY

9a: FIT- Marisa (MPR)

SATURDAY

9a: Yoga in the Park-Rita

CYCLE CLASSES

MONDAY

515a: Cycling - Jen B
615p: Cycling-Megan

TUESDAY

9a: Beginner Cycling-Lori(free)

WEDNESDAY

515a: Cycling-Misty
9a: Cycling-Amanda
6p: Cycling-Jen B

THURSDAY

9a: Beginner Cycling-Pam (free)

SATURDAY

8a: Cycling-Jen H

Looking for smaller
classes &
personalized
attention?!

SMALL GROUP CLASSES

MONDAY

515a: Cycling-Jen B \$2
9a: Barre-Diane (AR) \$5
515p: Barbell Bonanza-Beth (MPR) \$5

TUESDAY

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

WEDNESDAY

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

THURSDAY

515a: Tread n Shred-Marisa (WC) \$5
515p: Fitness Escape- Tina (AR) \$5

FRIDAY

515a: Ride the Wave-Marisa(pool) \$5
9a: Bootcamp - Beth (AR) \$5
515p: Mx4 - 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
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