

# Week of September 19

## 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)  
515p: Step Up-Rhonda (MPR)  
630p: Zumba-Joelle (MPR)

## WEDNESDAY

8:30a: Supersets-Diane (AR)  
9a: PiYo-Diane (AR)  
5:30p: Drummercize-Lori (MPR)  
6:30p: 30/30 Burn-Dana (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)  
515p: Step Up-Rhonda (MPR)  
630p: Zumba-Megan (MPR)

## FRIDAY

9a: FIT- Marian (MPR)

## SATURDAY

9a: 30/30 Burn-Dana (MPR)  
10:15a: Zumba-Megan (MPR)

## CYCLE CLASSES

### MONDAY

515a: Cycling-Beth \$2  
615p: Cycling-Chris \$2

### TUESDAY

9a: Beginner Cycling-Lori(free)

### WEDNESDAY

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

### THURSDAY

530p-Cycling - Hayley

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

## SMALL GROUP CLASSES

### MONDAY

515a: Cycling-Beth \$2  
9a: Barre-Diane (AR) \$5  
515p: Strength Training-Beth (WC) \$5

### TUESDAY

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

### WEDNESDAY

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

### THURSDAY

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

### FRIDAY

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