Week of December 5

GROUP EX CLASSES

MONDAY

AM

9:00a: HIIT & Flow- Amanda (MPR)

PM

5:15p: Cardio & Core- Stacey (MPR)

5:15p: Step Up- Rhonda (MPR)

630p: Zumba- Joelle (MPR)

TUESDAY

5:15a: Cross Training- Jen H (MPR)

9:00a: Turbo Beth (MPR)

WEDNESDAY

8:30am: Supersets- Diane (AR)

9:00am: PiYo- Diane (AR)

6:00p: Kickbox & Sculpt- Dana (MPR)

6:30p: Circuit- Nancy (FS)

6:30p: Yoga- Rita (AR)

THURSDAY

9:00am: Turbokick- Beth (MPR)

10:00am: Yoga- Dani (AR)

5:15p: Tabata- Stacey (MPR)

6:30p: Zumba- Megan (MPR)

FRIDAY

5:15am: Cycle Bootcamp Marisa (MPR)

9:00am: Insctuctor's Choice- Marion (MPR)

SATURDAY

9a: RIP- Dana (MPR)

1015a Zumba- Megan (MPR)

SMALL GROUP CLASSES

MONDAY

9a: Barre Diane (AR)

5:15p: Strength Jamie (WC)

6:30pm- MX4 Jamie (MPR)

TUESDAY

5:15p: Buns & Guns Marisa (AR)

WEDNESDAY

5:15p: Abs & More Jamie (AR)

THURSDAY

5:15a: Ride the Wave Marisa (Pool)

5:15p: Fitness Escape Tina (AR)

FRIDAY

9:00a: Bootcamp Mandy (AR)

SATURDAY

8:00a: Barre Jen (AR)

CYCLE CLASSES

MONDAY

5:15a: Cycling- $2 Jen B

6:15p: Cycling- $2 Chris

TUESDAY

9a: Beginner Cycling- FREE Lori

WEDNESDAY

5:15a: Cycling- $2 Misty

9:00a: Cycling- $2 Mandy

6:00p: Cycling- $2 Jen B

THURSDAY

5:30p: Cycling- $2 Hayley

SATURDAY

8a: Cycling- $2 Judi

KEY

MPR=Multi Purpose Room

AR=Aerobics Room

FS=Fitness Studio

WC=Wellness Center