

Fitness / Aerobics Room Classes – General Weekly Schedule

MONDAY	TUESDAY	WEDNESDAY
Weighted Workout 8:15-8:55am Aerobics Half Hour 9-9:25am Hour Aerobics 9:30-10:25am SilverSneakers Classic 10:30-11:15a Tae Bo 5-5:55pm Ballroom Beginners 6-6:55p Ballroom Intermediate 7-7:55p	Cody's AM Circuit 7-7:55am Power Yoga 8:30-9:30am Aerobics Half Hour 9-9:25am Sit & Be Fit 9:30-10am High Low Aerobics 6:10-6:55pm Team Total Fitness 7-7:55pm Fitness 101 8-8:55pm	Aerobics Half Hour 9-9:25am Aerobics Hour 9:30-10:25am SilverSneakers Yoga 10:30-11:15am Body Sculpting 5-5:55pm Zumba 6-6:55pm Hatha Yoga Beginners 6-6:55pm Hatha Yoga Intermediate 7-7:55pm Cardio Step 7-7:55pm IntenSati 8-8:55pm
THURSDAY	FRIDAY	SATURDAY
Weighted Workout 8:15-8:55am Aerobics Half Hour 9-9:25am Sit & Be Fit 9:30-10am Kids Yoga 5-5:55pm Power Yoga 6-7pm Power Yoga Advanced 7:15-8:30pm High Low Aerobics 6:10-6:55pm Team Total Fitness 7-7:55pm Fitness 101 8-8:55pm	Chair Yoga 9-9:45am SilverSneakers BOOM 10-11am 	Power Yoga 8-9am Team Total Fitness 9-9:50am Youth Dance w/ Miss Katie 10-1:15pm (fall / winter / spring) – in addition to other days & times year round (see brochure)

See class description, session dates and pricing in latest brochure.

Outdoor sessions of Zumba and Yoga held at Main Square Park may be added in summer.

Instructors: Louise Boyd Lynnn Bluethmann Sarah Barsic Christine Podgorny

Cody Kinley Aziza Gil Jen Gregory Rey Candelaria Charlie Capek & Patricia Valentine

LaTeash Janigan Jessica Dambek