

April Group Exercise Classes



FS1: Fitness Studio 1 FS2: Fitness Studio 2 FS3: Fitness Studio 3 RC3: Racquetball Court SP: Small Pool LP: Small Pool

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00AM	BodyPump* 5:15-6:15am (FS1) Mary Hendron Indoor Cycling* 5:30-6:15am (FS3) Randy Sirk	Indoor Cycling* 5:05-5:50am (FS3) Keith Watts Boot Camp 5:30-6:15am (FS1) Shelby Moser	BodyPump* 5:15-6:15am (FS1) Mary Hendron Indoor Cycling* 5:30-6:15am (FS3) Randy Sirk	Indoor Cycling* 5:05-5:50am (FS3) Keith Watts TRX* 5:05-5:50am (FS1) Jamie Stant	BodyPump* 5:15-6:15am (FS1) Mary Hendron Indoor Cycling* 5:30-6:15am (FS3) Randy Sirk	
6:00AM		Indoor Cycling* 6:00-6:45am (FS3) Kathleen Herber CXWORX 6:30-7:00am (FS1) Jamie Stant		Indoor Cycling* 6:00-6:45am (FS3) Kathleen Herber CXWORX 6:30-7:00am (FS1) Jamie Stant		
7:00AM	Beginner Tai Chi 7:30-8:15am (FS1) Jayne Miller Aqua Zumba 7:45-8:30am (SP) Mari Hammel	BodyPump* 7:30-8:30am (FS1) Jamie Stant	Beginner Tai Chi 7:30-8:15am (FS1) Jayne Miller	BodyPump* 7:30-8:30am (FS1) Jamie Stant	CXWORX 7:30-8:00am (FS1) Jamie Stant	BodyPump* 7:30-8:30am (FS1) Jamie Stant Indoor Cycling* 7:30-8:15am (FS3) Joe Vize
8:00AM	Warm Water Aero. 8:00-9:00am (SP) Claire Lattner Advanced Tai Chi 8:30-9:30am (FS1) Jayne Miller Aqua Aerobics 8:30-9:15am (LP) Tracy Tallent Indoor Cycling* 8:30-9:15am (FS3) Casey Breitbart	Deep Water Aero. 8:30-9:15am (LP) Linda Barbaro Yoga 8:30-9:30am (RC3) Lynette Howe BodyPump* 8:30-9:30am (FS1) Tracy Tallent	Warm Water Aero. 8:00-9:00am (SP) Claire Lattner Advanced Tai Chi 8:30-9:30am (FS1) Jayne Miller Aqua Aerobics 8:30-9:15am (LP) Tracy Tallent Barre 8:30-9:15am (FS3) Pam Connolly	Deep Water Aero. 8:30-9:15am (LP) Linda Barbaro Yoga 8:30-9:30am (RC3) Lynette Howe BodyPump* 8:30-9:30am (FS1) Tracy Tallent	Water Slow & Easy 8:00-9:00am (SP) Val Tai Chi Practice 8:00-9:00am (FS1) (No Instructor) Deep Water Aero. 8:30-9:15am (LP) Tracy Tallent Indoor Cycling* 8:30-9:15am (FS3) Jamie Stant	Insanity 8:30-9:30am (FS1) Jamie Stant Indoor Cycling* 8:30-9:30am (FS3) Greg Williams Aqua Aerobics 8:30-9:15am (LP) Michelle Moody
9:00AM	Resist-A-Ball 9:30-10:00am (FS1) Carol Collins Insanity 9:30-10:30am (FS3) Jamie Stant	Indoor Cycling* 9:00-9:45am (FS3) Casey /Jess Pedal for Purpose 9:20-9:50am (LP) Linda Barbaro Aqua Yoga 9:45-10:30am (SP) Lynette Howe	CXWORX 9:30-10:00am (FS1) Carol Collins Insanity 9:30-10:30am (FS3) Jamie Stant	Tabata Cycle* 9:00-10:00am (FS3) Erin Neises Pedal for Purpose 9:20-9:50am (LP) Linda Barbaro Aqua Yoga 9:45-10:30am (SP) Lynette Howe	Upper Body Cond. 9:00-9:30am (FS1) Carol Collins Lower Body Cond. 9:30-10:00am (FS1) Carol Collins Insanity 9:45-10:30am (FS3) Casey /Jess	CXWORX 9:30-10:00am (FS1) Carol Collins
10:00AM	Full Body Lite 10:00-11:00am (FS1) Carol Collins	Boomers Plus 10:15-11:00am (FS1) Carol Collins	Full Body Lite 10:00-11:00am (FS1) Carol Collins	Boomers Plus 10:15-11:00am (FS1) Carol Collins Aqua Zumba 10:30-11:15am (LP) Krissy Custer	Full Body Lite 10:00-11:00am (FS1) Carol Collins	Zumba 10:05-11:00am (FS1) (Rotating Instructor)

MORE CLASSES →

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11:00AM	Fit 4 Life 11:00-12:00pm (FS1) Judy Roling Warm Water Aero. 11:15-12:00pm (SP) Bonnie	Zumba Gold 11:00-12:00pm (FS1) Carol Collins	Fit 4 Life 11:00-12:00pm (FS1) Judy Roling Warm Water Aero. 11:15-12:00pm (SP) Bonnie	Fit 4 Life 11:00-12:00pm (FS1) Judy Roling	Fit 4 Life 11:00-12:00pm (FS1) Judy Roling Warm Water Aero. 11:15-12:00pm (SP) Bonnie	
12:00PM	BodyPump* 12:05-1:05pm (FS1) Carol Collins	Indoor Cycling* 12:05-12:55pm (FS3) Greg Williams	BodyPump* 12:05-1:05pm (FS1) Carol Collins	Indoor Cycling* 12:05-12:55pm (FS3) Greg Williams Water Slow & Easy 1:00-1:45pm (SP) Kristy Custer	BodyPump* 12:05-1:05pm (FS1) Katie Boyer	
1:00PM						
4:00PM	Boot Camp 4:30-5:15pm (FS1) Shelby Moser	CXWORX 4:30-5:00pm (FS1) Tracy Tallent		CXWORX 4:30-5:00pm (FS1) Tracy Tallent		
5:00PM	Aqua Aerobics 5:30-6:15pm (LP) Michelle Moody Indoor Cycling* 5:30-6:15pm (FS3) Greg Williams Yoga 5:30-6:30pm (FS2) Jai Ram BodyPump* 5:30-6:30pm (FS1) Tracy Tallent	Zumba Toning 5:30-6:15pm (FS1) Tiffany Beltran Indoor Cycling* 5:30-6:15pm (FS3) Kari McCann	Indoor Cycling* 5:30-6:15pm (FS3) Joe Vize Yoga 5:30-6:30pm (FS2) Jai Ram BodyPump* 5:30-6:30pm (FS1) Mary Hendron	Boot Camp 5:30-6:15pm (FS3) Christina BodyPump* 5:30-6:30pm (FS1) Carol Collins		
6:00PM	Beginner Spin 6:40-7:10pm (FS3) Kayla Goedken	Dance Fit 6:30-7:15pm (FS1) Ryan Lyles	Aqua Aerobics 6:30-7:15pm (LP) Michelle Moody Zumba 6:35-7:20pm (FS1) Tiffany Beltran Indoor Cycling* 6:40-7:25pm (FS3) Kayla Goedken	Dance Fit 6:30-7:15pm (FS1) Ryan Lyles		
7:00PM	Kickboxing 7:30-8:30pm (FS1) Pat Hayes		Kickboxing 7:30-8:30pm (FS1) Pat Hayes			SUNDAY Indoor Cycling* 10:00-11:00am (FS3) (Rotating Instructor)

- INSANITY
TABATA CYCLE
BOOTCAMP
BODYPUMP
TRX
CXWORX
INDOOR CYCLING
ADVANCED TAI CHI
MARTIAL ARTS
ZUMBA TONING
ZUMBA
DANCE FIT
BARRE
YOGA
AQUA ZUMBA
BEGINNER TAI CHI
RESIST-A-BALL
UPPER/LOWER BODY
FIT 4 LIFE
FULL BODY LITE
DEEP WATER
ZUMBA GOLD
AQUA YOGA
BEGINNER CYCLE

HIGH INTENSITY

LOW INTENSITY