

# August 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
<b>5:00AM</b>	<b>BodyPump*</b> 5:15-6:15am (FS1) Mary Hendron  <b>Indoor Cycling*</b> 5:30-6:15am (FS3) Keith Watts	<b>Indoor Cycling*</b> 5:05-5:50am (FS3) Keith Watts  <b>Boot Camp</b> 5:30-6:15am (FS1) Shelby Moser	<b>BodyPump*</b> 5:15-6:15am (FS1) Mary Hendron  <b>Indoor Cycling*</b> 5:30-6:15am (FS3) Kayla Goedken	<b>Indoor Cycling*</b> 5:05-5:50am (FS3) Keith Watts  <b>NEW TRX*</b> 5:15-6:00am (FS1) Jamie Hoffmann	<b>BodyPump*</b> 5:15-6:15am (FS1) Mary Hendron  <b>Indoor Cycling*</b> 5:30-6:15am (FS3) Christina	
<b>6:00AM</b>		<b>Indoor Cycling*</b> 6:00-6:45am (FS3) Casey Breitbach  <b>CXWORX</b> 6:30-7:00am (FS1) Jamie Hoffmann		<b>Indoor Cycling*</b> 6:00-6:45am (FS3) Casey Breitbach  <b>CXWORX</b> 6:30-7:00am (FS1) Jamie Hoffmann		
<b>7:00AM</b>	<b>Beginner Tai Chi</b> 7:30-8:15am (FS1) Jayne Miller  <b>Aqua Zumba</b> 7:45-8:30am (SP) Mari Hammel	<b>BodyPump*</b> 7:30-8:30am (FS1) Jamie Hoffmann	<b>Beginner Tai Chi</b> 7:30-8:15am (FS1) Jayne Miller	<b>BodyPump*</b> 7:30-8:30am (FS1) Jamie Hoffmann	<b>CXWORX</b> 7:30-8:00am (FS1) Jamie Hoffmann	<b>BodyPump*</b> 7:30-8:30am (FS1) Jamie Hoffmann  <b>Indoor Cycling*</b> 7:30-8:15am (FS3) Kayla Goedken
<b>8:00AM</b>	<b>Warm Water Aero.</b> 8:00-9:00am (SP) Claire Lattner  <b>Advanced Tai Chi</b> 8:30-9:30am (FS1) Jayne Miller  <b>Aqua Aerobics</b> 8:30-9:15am (LP) Tracy Tallent  <b>Indoor Cycling*</b> 8:30-9:15am (FS3) Rotating Instructor  <b>NEW OUTDOOR BOOT CAMP</b> 8:30-9:30am \$5 drop-in rate	<b>Deep Water Aero.</b> 8:30-9:15am (LP) Linda Barbaro  <b>Yoga</b> 8:30-9:30am (RC3) Lynette Howe  <b>BodyPump*</b> 8:30-9:30am (FS1) Tracy Tallent	<b>Warm Water Aero.</b> 8:00-9:00am (SP) Claire Lattner  <b>Advanced Tai Chi</b> 8:30-9:30am (FS1) Jayne Miller  <b>Aqua Aerobics</b> 8:30-9:15am (LP) Tracy Tallent  <b>Barre</b> 8:30-9:15am (FS3) Pam Connolly  <b>NEW OUTDOOR BOOT CAMP</b> 8:30-9:30am \$5 drop-in rate	<b>Deep Water Aero.</b> 8:30-9:15am (LP) Linda Barbaro  <b>Yoga</b> 8:30-9:30am (RC3) Lynette Howe  <b>BodyPump*</b> 8:30-9:30am (FS1) Tracy Tallent	<b>Water Slow &amp; Easy</b> 8:00-9:00am (SP) Ann Greenlee  <b>Tai Chi Practice</b> 8:00-9:00am (FS1) (No Instructor)  <b>Deep Water Aero.</b> 8:30-9:15am (LP) Tracy Tallent  <b>Indoor Cycling*</b> 8:30-9:15am (FS3) Jamie Hoffmann	<b>Insanity</b> 8:30-9:30am (FS1) Jamie Hoffmann  <b>Indoor Cycling*</b> 8:30-9:30am (FS3) Greg Williams  <b>Aqua Aerobics</b> 8:30-9:15am (LP) Michelle Moody
<b>9:00AM</b>	<b>Resist-A-Ball</b> 9:30-10:00am (FS1) Carol Collins  <b>Insanity</b> 9:30-10:30am (FS3) Jamie Hoffmann	<b>Indoor Cycling*</b> 9:00-9:45am (FS3) Jess Ochoa  <b>Pedal for Purpose</b> 9:20-9:50am (LP) Linda Barbaro  <b>Aqua Yoga</b> 9:45-10:30am (SP) Lynette Howe	<b>CXWORX</b> 9:30-10:00am (FS1) Carol Collins  <b>Insanity</b> 9:30-10:30am (FS3) Jamie Hoffmann	<b>Tabata Cycle*</b> 9:00-10:00am (FS3) Erin Neises  <b>Pedal for Purpose</b> 9:20-9:50am (LP) Linda Barbaro  <b>Aqua Yoga</b> 9:45-10:30am (SP) Lynette Howe	<b>Upper Body Cond.</b> 9:00-9:30am (FS1) Carol Collins  <b>Lower Body Cond.</b> 9:30-10:00am (FS1) Carol Collins  <b>Insanity</b> 9:45-10:30am (FS3) Casey/Jess	<b>CXWORX</b> 9:30-10:00am (FS1) Carol Collins
<b>10:00AM</b>	<b>Full Body Lite</b> 10:00-11:00am (FS1) Carol Collins	<b>Boomers Plus</b> 10:15-11:00am (FS1) Carol Collins	<b>Full Body Lite</b> 10:00-11:00am (FS1) Carol Collins	<b>Boomers Plus</b> 10:15-11:00am (FS1) Carol Collins	<b>Full Body Lite</b> 10:00-11:00am (FS1) Carol Collins  <b>NEW Zumba</b> 10:05-11:00am (FS1) Rotating Instructor	<b>Zumba</b> 10:05-11:00am (FS1) Rotating Instructor

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11:00AM	<b>Fit 4 Life</b> 11:00-12:00pm (FS1) Judy Roling  <b>Warm Water Aero.</b> 11:15-12:00pm (SP) Bonnie	<b>Zumba Gold</b> 11:00-12:00pm (FS1) Carol Collins	<b>Fit 4 Life</b> 11:00-12:00pm (FS1) Judy Roling  <b>Warm Water Aero.</b> 11:15-12:00pm (SP) Bonnie	<b>Fit 4 Life</b> 11:00-12:00pm (FS1) Judy Roling	<b>Fit 4 Life</b> 11:00-12:00pm (FS1) Judy Roling  <b>Warm Water Aero.</b> 11:15-12:00pm (SP) Bonnie	
12:00PM	<b>BodyPump*</b> 12:05-1:05pm (FS1) Carol Collins	<b>Indoor Cycling*</b> 12:05-12:55pm (FS3) Greg Williams	<b>BodyPump*</b> 12:05-1:05pm (FS1) Carol Collins	<b>Indoor Cycling*</b> 12:05-12:55pm (FS3) Greg Williams  <b>Water Slow &amp; Easy</b> 1:00-1:45pm (SP) Kristy Custer	<b>BodyPump*</b> 12:05-1:05pm (FS1) Katie Boyer	
1:00PM						
4:00PM	<b>Boot Camp</b> <i>Canceled for August</i>	<b>CXWORX</b> 4:30-5:00pm (FS1) Tracy Tallent		<b>CXWORX</b> 4:30-5:00pm (FS1) Tracy Tallent		
5:00PM	<b>Aqua Aerobics</b> 5:30-6:15pm (LP) Michelle Moody  <b>Indoor Cycling*</b> 5:30-6:15pm (FS3) Greg Williams  <b>Yoga</b> 5:30-6:30pm (FS2) Jai Ram  <b>BodyPump*</b> 5:30-6:30pm (FS1) Tracy Tallent	<b>Zumba Toning</b> 5:30-6:15pm (FS1) Tiffany Beltran  <b>Indoor Cycling*</b> 5:30-6:15pm (FS3) Kari McCann	<b>Indoor Cycling*</b> 5:30-6:15pm (FS3) Kayla Goedken  <b>Yoga</b> 5:30-6:30pm (FS2) Jai Ram  <b>BodyPump*</b> 5:30-6:30pm (FS1) Mary Hendron	<b>Boot Camp</b> <i>Canceled for August</i>  <b>BodyPump*</b> 5:30-6:30pm (FS1) Carol Collins		
6:00PM	<b>Beginner Spin</b> <i>Canceled for summer</i>	<b>Dance Fit</b> 6:30-7:15pm (FS1) Ryan Lyles	<b>Aqua Aerobics</b> 6:30-7:15pm (LP) Michelle Moody  <b>STRONG by Zumba</b> 6:35-7:20pm (FS1) Carol/Shelby	<b>Dance Fit</b> 6:30-7:15pm (FS1) Ryan Lyles		
7:00PM	<b>Kickboxing</b> 7:30-8:30pm (FS1) Pat Hayes		<b>Kickboxing</b> 7:30-8:30pm (FS1) Pat Hayes			

