



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FITNESS CLASS SCHEDULE Jan 3 - March 31

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Spin 6:00-6:45 am Studio 2/ Colleen		Y-pump* 6:00-6:45am Studio1/John	Power Step 6:00-6:45 am Studio 1/ Amber	Spin 5:45-6:30 am Studio 2/ Pete	Pilates/Core* 7:45-8:30 am Studio 1/ Teri
	Step 6:30-7:15 am Studio 1/ Laura			Cardio/Pump* 6:30-7:15am Studio1/John	Yoga 8:30-9:30 am Martial Art /Diana
Cardio Circuit * 9:00-9:45 am Studio 1/ Abby	Step* 9:00-9:45 am Studio 2/ Brooke	Hi/Lo* 9:00-9:45 am Studio 1/ Abby	Step* 9:00-9:45am Studio 2/Tracy	Spin Circuit 9:00-9:45 am Studio 2/ Geno	Circuit Training 8:45-9:30am HEC/ Dan
Supervised Exercise 9:30-10:30 am HEC/ Barbie	Pilates/Core* 9:00-9:45 am Studio 1/ Julie	Supervised Exercise 9:30-10:30 am HEC/ Barbie	Pilates/Core* 9:00-9:45 am Studio 1/Cathi	Supervised Exercise 9:30-10:30 am HEC/ Barbie	Kettlebell \$fee 10:00-10:45 Studio 2/Veta 1/7-2/25
Yoga 9:45-11:00 am Martial Art Diana	Yoga Fusion 10:00-10:45 am Studio1/Abby	Yoga 9:45-11:00 am Martial Art Diana			Strong Teens* 10-10:45 am HEC/ Kenny
Y-PUMP 10:00-10:45 am Studio 1/ Jeff		Y-PUMP* 10:00-10:45 am Studio 1/ Wendy		Y PUMP* 10:00-10:45 am Studio1/ Taryn	Y PUMP* 10:00-11:00 am Studio 1/ Jaime
SilverStars 10:00-10:45 am Studio 2 Heather	Kettlebell \$fee 10:00-10:45 am Studio2/Cathi 1/10-2/28	SilverStars 10:00-10:45 am Studio 2 Heather	Kettlebell \$fee 10:00-10:45am Studio2/Cathi 1/12- 3/1		
SUNDAY					
Circuit Express* 12:00-12:30 pm Well Ctr /Heather		Circuit Express* 12:00-12:30 pm Well Ctr/ Heather	Pilates* 12:00-12:30pm Studio/1 Julie		Pilates* 1:00-1:45 Studio 1/ Cathi
Butt & Gutt * 4:45-5:30 pm Studio 1/ Lynn	Circuit Training 4:15-5:00 pm HEC/ Jim	Butt & Gutt* 4:45-5:30 pm Studio 1/ Lynn	Circuit Training 4:15-5:00 pm HEC/Jim	<div style="border: 2px solid black; border-radius: 50%; padding: 20px; width: fit-content; margin: auto;"> <p>*Family friendly classes Ages 10 & up must attend with adult</p> </div>	
Strong Teens* 4-4:45pm HEC/ Kenny	Kids fit* 4:30-5:15 Starts2/14-3/ 27 studio1	Strong Teens* 4-4:45pm HEC/ Kenny			
	Y-PUMP* 5:30-6:15 pm Studio 1/ Myra	Kickbox Circuit* 5:30-6:15 pm Studio1/ Victoria	Y-PUMP* 5:30-6:15 pm Studio 1/Dawn		
Bootcamp* 5:30-6:15pm Studio 1/Ray	Begin To Step* 5:30-6:15 pm Studio 2/ Veta		Begin To Step* 5:30-6:15 pm Studio 2/ Veta	<p>Schedule dates Jan3-March31</p>	
Zumba* 6:30-7:15 pm Studio 1/ Dana			Yoga 6:30-7:15 pm Martial Arts Donna		
Kettlebell \$fee 6:30-7:15pm Studio 2/Amber 1/9-2/27	Spin 6:30-7:15 pm Studio 2/ Keith	Kettlebell \$fee 6:30-7:15pm Studio 2/Amber 1/11-2/29	Spin 6:30-7:15 pm Studio 2/ Paul		

schedule subject to change
Revised Dec 22 2011