

SUMMER 1 2018 SCHEDULE

6/11 - 7/14

	Orr Room	Group Ex Room	Senior Center		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		WILDCARD 5:45-6:30A DAVE			
TONING 8:15-9A JESSICA		TONING 8:15-9A BETH C.		TONING 8:15-9A JESSICA	TONING 8:15-9A AUTUMN
ZUMBA GOLD 9-9:45A TRICIA	CYCLING 9-9:45A ALICIA	SILVER SNEAKERS CLASSIC 9:05-9:50A BETH C.		CYCLING 9-9:45A ALICIA	
TONING 9:15-10A BRITTANY	ZUMBA 9:15-10A MARJORIE	CIRCUIT INTERVAL 9:15-10A BRITTANY	ZUMBA 9:15-10A MARJORIE	ZUMBA 9:15-10A TRICIA	
SILVER SNEAKERS CLASSIC 10-10:45A MELANY	SILVER SNEAKERS CLASSIC 10-10:45A ALICIA	SILVER SNEAKERS CLASSIC 10-10:45A BETH C.	SILVER SNEAKERS CLASSIC 10-10:45A ALICIA		
WERQ 10:15-11A TRICIA				BARRE 10:15-11A TRICIA	
SILVER SNEAKERS CLASSIC 11-11:45A MELANY	SILVER SNEAKERS CLASSIC 11-11:45A ALICIA	SILVER SNEAKERS CLASSIC 11-11:45A BETH C.	SILVER SNEAKERS CLASSIC 11-11:45A ALICIA	SILVER SNEAKERS YOGA 11A-12P RICHARD	
		SILVER SNEAKERS YOGA 12-12:45P RICHARD			
	TONING 5:15-6P BRITTANY	CYCLING 5:15-6P RICHELLE			
ZUMBA 6:15-7P MARJORIE	TABATA 6:15-7P BRITTANY	ZUMBA TONING 6:15-7P MARJORIE	BOOTCAMP 6:15-7P BRITTANY		
	COUNTRY HEAT 6:15-7P AUTUMN				
	KETTLEBELL AMPD 7:15-8P AUTUMN	HATHA YOGA 7:15-8:15P JEAN			
	CORE CONDITION 7:15-8P EDNA		CARDIO VARIETY 7:15-8P EDNA		