

WINTER II 2017 SCHEDULE

2/26 - 4/14/18

	Orr Room	Group Ex Room	GYM	Senior Center	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LOSE4U 6-7A MELANY	CYCLING 5:45-6:30A JOE	LOSE4U 6-7A MELANY	CYCLING 5:45-6:30A JOE		
CIRCUIT INTERVAL 8-8:45A MELANY		TONING (BLT) 8:15-9A BETH C.		TONING(BLT) 8:15-9A JESSICA	TONING(BLT) 8:15-9A AUTUMN
TONING(BLT) 8:15-9A JESSICA				CYCLING 9-9:45A ALICIA/RICHELLE	WILDCARD 9:15-10A MELANY
ZUMBA GOLD 9-9:45A TRICIA	CYCLING 9-9:45A ALICIA	CIRCUIT INTERVAL 9:15-10A BRITTANY		TONING(BLT) 9:15-10A BRITTANY	
TONING 9:15-10A BRITTANY	ZUMBA 9:15-10A MARJORIE		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	BARRE 10:15-11A TRICIA	
WERQ 10:15-11A TRICIA		YOUTH BALLET 10:30-11:15A LEA		SILVER SNEAKERS YOGA 11A-12P RICHARD	
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		
		YOGA 12-12:45P RICHARD			
CYCLING 5:15-6P BETH S.	TONING 5:15-6P BRITTANY	YOUTH BALLET 5-5:45P LEA	CIRCUIT INTERVAL 5:15-6P BRITTANY		
ZUMBA 6:15-7P MARJORIE	TABATA 6:15-7P BRITTANY	CYCLING 5:15-6P RICHELLE	BOOTCAMP 6:15-7P BRITTANY		
	COUNTRY HEAT 6:15-7P AUTUMN	CYCLING 6:15-7P ALICIA	TURBOKICK 6:15-7P AUTUMN		
YOGA 7:15-8:15P CHRISTINE	KETTLEBELL AMPD 7:15-8P AUTUMN	ZUMBA TONING 6:15-7P MARJORIE	PIYO 7:15-8P AUTUMN		
	PILATES 7:15-8:15P EDNA	HATHA YOGA 7:15-8:15P JEAN	CARDIO VARIETY 7:15-8P EDNA		