



Fitness Class Schedule

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

ROOM 1						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			Body Fusion Sheila 5:15-6:00am	Body Blast Sherri 5:30-6:30am		
Interval Sherri 8:00-9:00am	Core Lynn 8:00-8:30am	Pilates Heather 8:00-8:30am	Corelates Sherri 8:00-8:30am	Cardio Mix Lynn 8:00-9:00am		
Low Impact Heather 9:00-10:00am	Zumba Amy 8:30-9:30am	Advanced Step Amy 8:30-9:30am	Cardio 360 Sherri 8:30-9:30am	Pilates Allison 9:00-10:00am	Saturday Sizzle Bonita/Joe 9:00-10:00am	
Zumba Gold Maria (Teen Center) 10:00-11:00am	Silver Strength Jenny 9:30-10:30am		Silver Strength Jenny 9:30-10:30am			
Yoga Gale 10:00-11:00am		Yoga Gale 10:00-11:00am		Yoga Gale 10:00-11:00am		
Silver Circuit Raymond 11:00-12:00pm		Zumba Gold Maria 11:00-11:45am		Silver Circuit Raymond 11:00am-12:00pm		
		Silver Stretch Maria 11:45am-12:30pm				Yoga Maria 2:00-3:00pm
Muscle Target Bonita 4:00-4:30pm						Zumba Tammy / Maria 3:00-4:00pm
Just Step! Joe/Bonita 4:30-5:30pm	Power Tone Debbie 4:45-5:45pm		Power Tone Bonita 4:30-5:30pm	Sculates Sherri 4:30-5:30pm		
Functional Training Debbie 5:30-6:30pm	Zumba Tammy 5:45-6:30pm	Boot Camp Maria 5:30-6:15pm	Zumba Tammy 5:30-6:30pm	Zumba Nicole/Allison 5:30-6:30pm		
Yoga Gale 6:30-7:30pm	Intermediate Yoga Maria 6:30-7:30pm	Sculates Sherri 6:15-7:15pm	Intermediate Yoga Maria 6:30-7:30pm			

Effective 9/1/2010