

## Drop In Group Fitness Classes January 2 — February 15, 2020

				January 4	- replualy 19	), <b>2</b> 020
Sunday	Monday 5:45am-6:45am	Tuesday 5:45am-6:45am	Wednesday 5:45am-6:45am	Thursday 5:45am-6:45am	Friday 5:45am-6:45am	Saturday
	Total Body Sculpt	Cardio Spin	Total Body Sculpt	Cardio Spin	Total Body Sculpt	
	(Allison W.)	(Melissa)	(Melissa)	(Melissa)	(Melissa)	
	(Fillison 111)	6:00am-7:00am	(Wellood)	6:00am-7:00am	(IVICIISSU)	
		Core Strength		Core Strength		
		(Aimee)		(Aimee)		
	7:30am-8:30am	7:15am-8:15am	7:30am-8:30am		7:30am-8:30am	
	Deep Water	Easy Yoga	Deep Water		Deep Water	
	Aerobics (Susan)	(Delphine)	Aerobics (Susan)		Aerobics (Cinnamin)	
	7:45am-8:45am	7:30am-8:30am	7:45am-8:45am	7:30am-8:30am	7:45am-8:45am	
	Weight Bar Workout	Aqua Power	Weight Bar Workout	Aqua Power	Weight Bar Workout	
	(Aimee)	(Kim)	(Aimee)	(Kim)	(Aimee)	
		8:30am-9:30am		8:30am-9:30am		
		Cardio Spin (Aimee)		Cardio Spin (Aimee)		
	9:00am-10:00am	9:00am-10:00am	9:00am-10:00am	9:00am-10:00am	9:00am-10:00am	9:15am-10:30an
	Zumba Fitness	Zumba Fitness	Zumba Toning	Zumba Fitness	Zumba Fitness	Weekend
	(Holly)	(Dakotah)	(Jessica)	(Dakotah)	(Dakotah)	Yoga
						(Kathy G, Sheryl K.,
	Water Fitness for		Water Fitness		Water Fitness for	Sally S.
	Everyone		<b>Everyone</b> (Susan)		Everyone	& Maria T.)
	(Richard)		Core Strength (Aimee)		(Cinnamin)	
	10:30am-11:30am	10:15am-11:45am	10:15am-11:45am	10:15am-11:45am	10:30am-11:30a	10:30am-11:30ar
	Silver Sneaker	Gentle Yoga	Gentle Yoga	Gentle Yoga	Silver Sneaker	Cardio Spin
	Classic (Aimee)	(Sue)	(Sue)	(Sue)	Classic (Aimee)	(Allison)
	11:00am-12:00pm		11:00am-12:00pm		11:00am-12pm	10:45am-11:45a
	Deep Water		Deep Water		Deep Water	Core Strength
	Aerobics (Richard)		Aerobics (Kathy)		Aerobics (Kathy)	(Noel)
	12:00-1:00pm	12:00-1:00pm	12:00-1:00pm	12:00-1:00pm	12:00-1:00pm	12:00pm-1:00pm
	Senior Yoga	Zumba Fitness	Silver Sneaker	Zumba Fitness	Senior Yoga	Zumba Fitness
	(Aimee)	(Noel)	Classic (Aimee)	(Noel)	(Aimee)	(Dakotah/ Kamala
		1:30-2:30pm		1:30-2:30pm		
	Low Impact	Silver Sneaker	Low Impact	Silver Sneaker	Low Impact	
	Water Exercise	Classic	Water Exercise	Classic	Water Exercise	
	(Richard)	(Noel)	(Kathy)	(Noel)	(Kathy)	
	1:30pm-2:30pm Low Impact		1:30 pm-2:30pm Low Impact			
	Dance Fitness		Dance Fitness			
	(Noel)		(Noel)			
	4:30pm-5:15pm	4:30pm-5:15pm	4:30pm-5:15pm	4:30pm-5:15pm		
	Weight Bar In&Out	Weight Bar In&Out	Weight Bar In&Out	Weight Bar In &Out		
	(Marie)	(Marie)	(Marie)	(Marie)		
	5:30pm-6:30pm	5:30pm-6:30pm	5:30pm-6:30pm	5:30pm-6:30pm	5:30pm-6:30pm	
	Zumba Fitness	Zumba Fitness	Zumba Fitness	Zumba Fitness	Zumba Fitness	
	(Noel)	(Kamala)	(Holly)	(Kamala)	(Noel)	
	Cardio Spin	Cardio Spin	Spin & Sculpt	Cardio Spin	()	
	(Marie)	(Marie)	(Allison W.)	(Marie)		
	Aqua Zumba	(ividite)	Aqua Zumba	(Marie)		
	(Jessica)		(Jessica)			
	6:45pm-7:45pm		6:45pm-7:45pm			
	Total Toning		Total Toning			
	(Noel)		(Noel)			
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