



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Group Exercise Schedule

	Instructor	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Strength Train Together	Lisa Kless	5:30-6:30am				5:30-6:30am	
Spinning	Karista Young		5:30-6:30am		5:30-6:30am		
Express Circuit	Chris Vessey			5:30-6:15am			
Difficulty with Movement Held in Rec Pool	Charlene Hood	8:00-8:30am		8:00-8:30am		8:00-8:30am	
Barre	Chris Vessey						9:30-10:30am
Pilates	M'Chele Dineen	8:30-9:30am		8:30-9:30am		8:30-9:30am	
Swimnastics Held in Rec Pool	Kim Drolz/ Kathy Brown		9:00-9:45am		9:00-9:45am		
Swimnastics Held in Rec Pool	Shannon Braaten	10:30-11:15am		10:30-11:15am		10:30-11:15am	
Aqua Circuit Held in Rec Pool	Kim Drolz		9:45-10:30am				
Swimnastics Held in Rec Pool	Kathy Brown				9:45-10:30am		
Aqua X Held in Rec Pool	Shannon Braaten	11:15-12:00pm		11:15-12:00pm		11:15-12:00pm	
Cardio Sculpt	Lisa Kless		9:30-10:30am		9:30-10:30am		
Spinning	Tracy Stoken	9:30-10:30am		9:30-10:30am		9:30-10:30am	
SAIL	Nancy Peterson		10:45-11:45am		10:45-11:45am		
Strength Train Together	Jenny Knutson	12:10-12:40pm		12:10-12:40pm		12:10-12:40pm	
Strength Train Together	Lisa Kless	4:30-5:30pm		4:30-5:30pm			
Spin 45	Sarah Carossino		4:30-5:15pm		4:30-5:15pm		7:30-8:30am
Zumba	Amanda Radke	5:30-6:30pm		5:30-6:30pm			
Cardio Kickboxing	M'Chele Dineen		5:30-6:30pm		5:30-6:30pm		
Pilates Fusion	Chris Vessey	6:30-7:30pm		6:30-7:30pm			
Hiatha Yoga Held in Childcare	Veronica Atkinson	6:30-7:30pm			6:30-7:30pm		
Hydro – Fit Held in Lap Pool	Sue McMeekin		5:15-6:15pm		5:15-6:15pm		
Hydro – Fit Held in Lap Pool	Janet Wilson	7:00-8:00pm		7:00-8:00pm			
Strength Train Together	Yana Leatherman		6:30-7:30pm		6:30-7:30pm		
Moonlight Yoga	Karista Young			7:30-8:45			
Swimnastics Held in Rec Pool	Gordon Chaffee		7:30-8:15pm		7:30-8:15pm		