



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

| Land Classes | 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 | | | |
| Restorative Yoga | Marisa Luna | | 8:30-9:30am | | 8:30-9:30am | | |
| Pilates | M'Chele Dineen | 8:30-9:30am | | 8:30-9:30am | | 8:30-9:30am | |
| Barre | Chris Vessey | | | | | | 9:30-10:30am |
| Dance Fitness | Lyndsey Brown | | 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 | Yana Leatherman | 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 | | | |
| Strength Train Together | Lisa Kless | | 5:30-6:30pm | | 5:30-6:30pm | | |
| Power Yoga | Marisa Luna | | 6:30-7:30pm | | 6:30-7:30pm | | |
| Hiatha Yoga Held in Childcare | Veronica Atkinson | 6:30-7:30pm | | 6:30-7:30pm | | | |
| Pilates Fusion | Chris Vessey | 6:30-7:30pm | | 6:30-7:30pm | | | |
| Water Classes | Instructor | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Difficulty with Movement Held in Rec Pool | Charlene Hood | 8:00-8:30am | | 8:00-8:30am | | 8:00-8:30am | |
| Swimnastics Held in Rec Pool | Kim Drolz/ Kathy Brown | | 9:00-9:45am | | 9:00-9:45am | | |
| Swimnastics Held in Rec Pool | Kim Drolz/ Kathy Brown | | 9:45-10:30am | | 9:45-10:30am | | |
| Aqua X Held in Rec Pool | Shannon Braaten | 10:30-11:15am | | 10:30-11:15am | | 10:30-11:15am | |
| Swimnastics Held in Rec Pool | Shannon Braaten | 11:15-12:00pm | | 11:15-12:00pm | | 11:15-12:00pm | |
| 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 | | | |
| Swimnastics Held in Rec Pool | Gordon Chaffee | | 7:30-8:15pm | | 7:30-8:15pm | | |