


# Group Fitness Schedule JANUARY 2018

## AEROBIC STUDIO

| Time   | MONDAY                                      | TUESDAY                                       | WEDNESDAY                                      | THURSDAY                                  | FRIDAY   | SATURDAY   |
|--------|---|---|--|---|--|--|
| 8:00a  | <b>POWER BY PAM</b><br>(7:15am)<br>40 min   |   |  |   | <b>POWER BY PAM</b><br>(7:15am)<br>40 min                                      | January 6 <sup>th</sup><br>Zumba<br>8:45-9:15am<br>RIPPED<br>9:20-10:00am<br>Tajuana                     |
|        |   |   |  |   | BOSU-BALANCE<br>Debbie (45 min)  |  |
| 8:30a  | RIPPED<br>Tajuana(45 min)                   | YOGA<br>Linda (1 hr)                          | H.A.B.I.T<br>Debbie (40 min)                   | CARDIO KICK<br>Tajuana (45 min)           | PILATES BARRE<br>FUSION<br>@8:50am<br>Debbie (35 min)                          | January 13 <sup>th</sup><br>Group Cycle<br>8:45-9:45am<br>Lauren   |
| 9:15a  | <b>ZUMBA</b><br>FINEST<br>Remelyn<br>(1hr)  | PURE<br>STRENGTH<br>@ 9:35<br>Debbie (40 min) | <b>ZUMBA</b><br>FINEST<br>Tajuana (1 hr)       | <b>ZUMBA</b><br>FINEST<br>Remelyn (1hr)   | YOGA<br>@9:30am<br>Debbie(45 min)  |  |
| 10:15a |   | PILATES BARRE<br>FUSION<br>Debbie (45 min)    |  |   |  |  |
| 10:30a | TRX<br>Dale (30 min)                        |   | TRX<br>Dale (30 min)                           | TABATA BOOT<br>CAMP<br>Charlie (1 hour)   | TRX<br>Dale (30 min)   | January 20 <sup>th</sup><br>Tabata Boot Camp<br>8:45am-9:30am<br>HABIT<br>9:30am-10:00am<br>Pam          |
| 11:15a |   | Gentle Yoga<br>Mel(1 hr)                      |  |   |  |  |
| 12:15p |   |   | Vinyasa Flow<br>Mel (45 min)                   |   |  | January 27 <sup>th</sup><br>Group Cycle<br>8:45am-9:15am<br>Body by Bridgett<br>9:20-10:00am<br>Bridgett |
| 4:30p  |   | POWER BY PAM<br>(45 min)                      |  |   |  |  |
| 5:00p  |   |   | TABATA BOOT<br>CAMP<br>(5:15pm)<br>Pam(45 min) |   |  |  |
| 5:30p  | <b>STRONG</b><br>BY ZUMBA™<br>Remelyn(1 hr) | RIPPED<br>Tajuana(45 min)                     |  | PIYO<br>Remelyn (1hr)                     | <b>*Classes in yellow are new<br/>this month</b>                               |                     |
| 6:15p  |   | <b>ZUMBA</b><br>FINEST<br>Tajuana (45 min)    | YOGA<br>(6:00pm)<br>Linda(1 hr)                | <b>ZUMBA</b><br>FINEST<br>Remelyn(6:30pm) | <b>*Classes in red in danger of<br/>being cut due to low<br/>participation</b> |  |

## FELLOWSHIP HALL (FH) / MULTI-PURPOSE ROOM (MPR)

|        | Monday                                   | Tuesday | Wednesday                             | Thursday                             | Friday                                  |
|--------|--|---------|---------------------------------------|--------------------------------------|---|
| 9:30a  | Sliver Sneakers<br>Maxine (FH)<br>45 min |         | Sliver Sneakers<br>Mel (FH)<br>1 hour | Line Dance<br>Maxine(45 min)<br>(FH) | Sliver Sneakers<br>Linda (FH)<br>45 min |
| 10:15a | ChairYOGA<br>Linda<br>10:30am (MPR)      |         |                                       |                                      | Zumba Gold@10:30am<br>Mel(FH)           |
| 10:30a | Line Dance<br>Maxine (FH)<br>1 hour      |         | Gentle Yoga<br>Mel(FH)<br>1 hr        | Chair Yoga<br>Linda(45 min)<br>(FH)  | Yoga<br>Linda(45 min)<br>(MPR)          |

# Group Fitness Schedule JANUARY 2018



## GROUP CYCLE CLASSES

| Time   | Monday                        | Tuesday                              | Wednesday                   | Thursday                                  | Friday                        |
|--------|-------------------------------|--------------------------------------|-----------------------------|---|-------------------------------|
| 7:15a  |                               |                                      | Group Cycle Pam(40 min)     |   |                               |
| 9:15a  | Group Cycle Charlie (45 min)  | Beginner Cycle Maxine(9:30am) 45 min | Group Cycle Lauren (45 min) |   | Group Cycle Mel (45 min)      |
| 10:00a |                               |                                      |                             | Beginners Cycle Maxine (10:30am) (45 min) | Yoga for Cyclists Mel(30 min) |
| 12:15p | Group Cycle Mel (35 min)      | Group Cycle Mel (35 min)             |                             | Group Cycle Lauren (35 min)               |                               |
| 4:30p  | Group Cycle Pam (45 min)      |                                      | Group Cycle Pam (40 min)    |   |                               |
| 5:30p  | Group Cycle Bridgett (45 min) | Group Cycle Pam (45 min)             |                             | Group Cycle Bridgett (45 min)             | Group Cycle Lauren (45 min)   |

## AQUATICS CLASSES(AC)/ TRACK & FIELD

|        | Monday                       | Tuesday                       | Wednesday                                  | Thursday                      | Friday                           |
|--------|------------------------------|-------------------------------|--|-------------------------------|----------------------------------|
| 8:30a  |                              | Water Fitness Maxine (45 min) |  | Water Fitness Maxine (45 min) | Hydro HIIT Mel(@8:15am) (45 min) |
| 9:15a  | Hydro HIIT Mel (45min)       | Aqua Power Remelyn(45 min)    | Aqua Balance & Cardio Debbie@9:20 (45 min) | Aqua Power Charlie (45 min)   |                                  |
| 10:15a | Aqua Zumba Remelyn (10:15am) | Aqua Zumba Remelyn(45 min)    |  |                               |                                  |

## YOUTH CLASSES

**TUESDAY**  
**YOUTH FITNESS**  
 4:15-4:45p (4-7 yrs.)  
 4:45-5:15p (8-12 yrs.)  
 STAFF

**WEDNESDAY**  
**KIDS ZUMBA**  
 4:00pm-5:00pm  
 Remelyn

**THURSDAY**  
**YOUTH ATHLETICS**  
 4:00-4:30p (4-7 yrs.)  
 4:30-5:00p (8-12 yrs.)  
 STAFF