



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Fitness Class Schedule

\* Indicates classes with fees

Members: Water Classes \$25/mo Land Classes \$15/mo

All Program Members : Water Classes \$50/ mo Land Classes \$30/mo

#Indicates Class with special fee (see below)

## AM Classes:

6-6:45...F... Enrich with Kim Becker **Fitness Room**

8-8:45...M/W/F...Chisel and Chat with Cassie Collins **Fitness Room**

9-10:00.M/W/F...Total Body Conditioning with Marlene Jolliff **Fitness Room**

9-9:45...T/Th...Silver Sneakers Cardio with Beth Wetherill **Community Room**

9:30-10:15...Saturday...Strike (Kickboxing) with Kim Becker **Fitness Room**

10-11...T/Th....\*Yoga\* with Dani Carlson...**Fitness Room**

10-10:45...T/Th...Silver Sneakers Classic with Beth Wetherill **Community Room**

10:15-11:15...M/W...Silver Sneakers Chair Yoga with Beth Wetherill **Community Room**

10:15-11:15..Fri...Stretch and Tone with Carol McKinley **Community Room**

## PM Classes:

5-5:45...M/W....Body Works with Kathy Abbott **Fitness Room**

5:15-6... T/Th...Workout Warrior with Kim Becker **Fitness Room**

6-6:45...M/W...Power 45 with Kathy Abbott **Fitness Room**

6:15-7...T/Th...Chaos! with Kim Becker **Fitness Room**

6:15-6:45...M/W--AB Express with Katelyn Osborn **Community Room**

6-8:00...T/Th...#Taekwondo# (ages 6 & up) with Tim Conkle **Gymnasium** Mem: \$35/mo Prog Mem \$50/mo

6-6:45...M/W...\*Group Cycle\* with Beth Wetherill **Cycle Room**

7-7:45...M/W...\*Yoga\* with Chassie Schwemer **Fitness Room**