



Fitness Class Schedule

* Indicates classes with fees

Members: Water Classes \$30/mo Land Classes \$15/mo

All Program Members : Water Classes \$60/ mo Land Classes \$30/mo

#Indicates Class with special fee (see below)

AM Classes:

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

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

9-9:45...T... Enrich with Kim Becker **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**

5-5:45...T/Th...Pulse with McKenna Welsh **Fitness Room**

6-6:45...M/W...Power 45 with McKenna Welsh **Fitness Room**

6-6:45...T/Th...Sweat with McKenna Welsh **Fitness Room**

6-6:45...M/W...*Group Cycle* with Denese McClure **Cycle Room**

7-7:45...M/W...*Yoga* with Dani Carlson **Fitness Room**