



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:

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

8:45-9:45..M/W/F...*Aquacize* with Beth Wetherill **M-W/ Kara McVicker F...Pool**

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

9-9:30.....M/W/F...*Revolution* (Cycling) with Penny Smith **Cycle Room**

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

PM Classes:

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

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

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

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

6-7:00...T/Th...#Strength and Stretch# with Kaylee Kiogima **Weight Room** Mem: \$30/mo Prog Mem \$55/mo

6-8:00...T/Th...#Taekwondo# (ages 6 & up) with Tim Conkle **Gymnasium** Mem: \$35/mo Prog Mem \$45/mo

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

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

7-7:45...M only...Moves & Grooves with Lu Lu with Laura Spradlin **Community Room**