

# GROUP FITNESS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30am	<b>YOGA</b> 5:45a-6:30a <b>Aerobics Room</b> Sara/Cathy	<b>Dirty 30</b> 5:45a-6:15a <b>Aerobics Room</b> Camille Donaldson	<b>YOGA</b> 5:45a-6:30a <b>Aerobics Room</b> Sara/Cathy	<b>Dirty 30</b> 5:45a-6:15a <b>Aerobics Room</b> Camille Donaldson	<b>YOGA</b> 5:45a-6:30a <b>Aerobics Room</b> Sara/Cathy	
7:30am /8:15am	<b>STEP</b> 7:30a-8:15a <b>Aerobics Room</b> Mary Terwelp	<b>SUSPENSION&amp; ROW</b> 7:45a-8:15a <b>MULTI-PURPOSE ROOM</b> Mary Terwelp			<b>TABATA BOOT CAMP</b> 7:45a-8:15a <b>Aerobics Room</b> Heather Williams	<b>YOGA</b> 7:30a-8:30a <b>Aerobics Room</b> Sara/Cathy
8:30am	<b>Barre</b> 8:30a-9:15a <b>Aerobics Room</b> Meghan Medsker  <b>Walk Fit</b> 8:30a-9:15a <b>Outside</b> Mary Terwelp	<b>Warrior Cross Train</b> 8:30a-9:15a <b>Outside</b> Megan Costigan  <b>Get Fit</b> 8:45a-9:30a <b>Aerobics Room</b> Lisa Warner	<b>Barre</b> 8:30a-9:15a <b>Aerobics Room</b> Meghan Medsker	<b>Warrior Cross Train</b> 8:30a-9:15a <b>Outside</b> Megan Costigan  <b>Get Fit</b> 8:45a-9:30a <b>Aerobics Room</b> Lisa Warner	<b>Strength &amp; Core</b> 8:30a-9:15a <b>Aerobics Room</b> Megan Costigan	<b>Power Cycle</b> 8:30a-9:30a <b>Cycling Room</b> Robin Carlson
9:30am & 10:00am		<b>Fit To Fight</b> 10:30a-12:00p <b>Aerobics Room</b> Cathy Schluckebier	<b>Vinyasa Flow Yoga</b> 9:15a-10:15a <b>Aerobics Room</b> Joe Ware		<b>Fro Flow Chair Yoga</b> 9:30a-10:15a <b>Aerobics Room</b> Joe Ware  <b>Fit To Fight</b> 10:30a-12:00p <b>Aerobics Room</b> Cathy Schluckebier	<b>SCHEDULE CHANGE</b> \$  <b>HIGH</b> fitness 
12:15pm	<b>Muscle Madness</b> 12:15p-1:00p <b>Aerobics Room</b> Beth Mackenzie	<b>YOGA</b> 12:15p-12:45p <b>Aerobics Room</b> Cathy Schluckebier  <b>SUSPENSION&amp; ROW</b> 12:15p-1:00p <b>MULTI-PURPOSE ROOM</b> Beth Mackenzie	<b>PiYo</b> 12:15p-1:00p <b>Aerobics Room</b> Beth Mackenzie	<b>Tabata</b> 12:15p-1:00p <b>Aerobics Room</b> Beth Mackenzie	<b>YOGA</b> 12:15p-12:45p <b>Aerobics Room</b> Cathy Schluckebier  <b>Instructors Choice</b> 12:15p-1:00p <b>Meet in Lobby</b> Jacob Obert	<b>SUNDAY</b>  <b>CYCLING</b> 9:30a-10a Kent
4:00pm						
5:00pm	<b>Muscle Tone</b> 5:00p-5:30p <b>Aerobics Room</b> Jen Oitker	<b>Women's Boxing</b> 5:00p-6:00p <b>BFit</b>		<b>Women's Boxing</b> 5:00p-6:00p <b>BFit</b>		
5:15pm	<b>BootCamp</b> 5:15p-6:15p <b>Offsite</b> Kent	<b>PiYo</b> 5:15p-6:00p <b>Aerobics Room</b> Brenna Zanger	 <b>SCHEDULE CHANGE</b> <b>BootCamp</b> 5:15p-6:15p <b>Offsite</b> Kent 	 <b>SCHEDULE CHANGE</b> 		
5:30pm	<b>Cardio Circuits</b> 5:30p-6:00p <b>Aerobics Room</b> Jen Oitker	<b>YOGA</b> 5:30p-6:15p <b>MULTI-PURPOSE ROOM</b> Cathy Schluckebier  <b>Power Cycling</b> 5:30p-6:30p <b>Cycling Room</b> Robin Carlson		<b>YOGA</b> 5:30p-6:15p <b>MULTI-PURPOSE ROOM</b> Kelle Bunch  <b>Power Cycling</b> 5:30p-6:30p <b>Cycling Room</b> Robin Carlson		
6:00PM / 6:30PM & 7:00PM	<b>Power Pilates</b> 6:00PM-7:00PM <b>Aerobics Room</b> Kim Kulhman	<b>Boxing</b> 6:00PM-7:00PM <b>BFit Room</b>		<b>Boxing</b> 6:00PM-7:00PM <b>BFit Room</b>		



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## UPCOMING EVENTS SENIOR FITNESS DAY

IN AEROBICS STUDIO:

- 5:45AM – 6:30AM YOGA
- 8:00AM-8:45AM TAI CHI
- 8:45AM-9:30AM GET FIT
- 9:45AM-10:15AM GUEST SPEAKER
- 10:30AM-12:00PM FIT TO FIGHT
- 12:15PM-1:00PM GENTLE YOGA

IN THE POOL:

- 7:30AM-8:30AM AQUA AEROBICS
- 8:30AM-9:30AM WATER VOLLEYBALL
- 9:30AM-10AM LAP SWIM
- 1:30PM-2:30PM AQUA ACTIVE

## WELLNESS CENTER UPDATES

- ALL GROUP FITNESS CLASSES ARE DROP IN EXCEPT THE FOLLOWING
  - HIGH FITNESS & BOOT CAMP ARE ALL PAID CLASSES

## HIGH FITNESS SCHEDULE



- JUNE 14TH @5:30P-6:15P
- JUNE 17TH @9:00A-9:45A
- JUNE 21ST @5:30P-6:15P
- JUNE 24TH @9:00A-9:45A
- JUNE 28TH @5:30P-6:15P

