

MAY GROUP FITNESS SCHEDULE

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|----------------------|--|---|---|---|--|--|
| 5:45a | YOGA 5:45a-6:30a Aerobics Room Sara/Cathy | Dirty 30 5:45a-6:15a Multi-Purpose Room Camille Donaldson | YOGA 5:45a-6:30a Aerobics Room Sara/Cathy | Dirty 30 5:45a-6:15a Multi-Purpose Room Camille Donaldson | YOGA 5:45a-6:30a Aerobics Room Sara/Cathy | YOGA 7:30a-8:30a Aerobics Room Sara/Cathy |
| 7:30a/ 8:15a | Insanity 7:30a-8:15a Aerobics Room Allison Stults | | | | TABATA BOOT CAMP 7:30-8:15a Aerobics Room Heather Williams | |
| 8:30a | Ballet Burn 8:30a-9:15a Multi purpose room Meghan Medsker WalkFit 8:30a-9:15a Outside Meghan Costigan 8:45a-9:30a Aerobics Room Lisa Warner | Warrior Cross Train 8:30a-9:15a Gymnasium Megan Costigan Get Fit 8:45a-9:30a Aerobics Room Lisa Warner | Barre 8:30a-9:15a Aerobics Room Meghan Medsker | Warrior Cross Train 8:30a-9:15a Gymnasium Megan Costigan Get Fit 8:45a-9:30a Aerobics Room Lisa Warner | Step 8:30a-9:15 Aerobics room Meghan Medsker High Fitness 8:45a-9:30a BFIT ROOM Lisa Warner | Boxing Conditioning 8:15a-9:00a BFIT ROOM Power Cycle 8:30a-9:30a Cycling Room Robin Carlson |
| 9:30a & 10:00a | Vinyasa Flow Yoga 9:30a-10:30a Aerobics Room Meghan | Fit To Fight Parkinson's 10:30a-12:00p Aerobics Room/Cathy Fit To Fight Cancer 9:30a-10:30a Wellness/Jacob | Vinyasa Flow Yoga 9:30a-10:30a Aerobics room Meghan Cycling 9:30a-10:15a Cycling Room Judy | Pedaling for Parkinsons 10:00a-11:00a Cycling Room Fit To Fight Cancer 9:30a-10:30a Wellness Center Jacob Obert | Vinyasa Flow Yoga 9:00a-10:00a MPR-Emely Fit To Fight Parkinson's 10:30a-12:00p Cathy Schluckebier Aerobics Room | 9:00a-9:45a Aerobics Room Lisa Warner  |
| 12:15p | Muscle Madness 12:15p-1:00p Aerobics Room Beth Mackenzie | YOGA 12:15p-12:45p Aerobics Room Cathy Schluckebier SUSPENSION& ROW 12:15p-1:00p MULTI-PURPOSE ROOM Beth Mackenzie | PiYo 12:15p-1:00p Aerobics Room Beth Mackenzie | Insanity 12:15p-1:00p Aerobics Room Allison Stults | YOGA 12:15p-12:45p Aerobics Room Cathy Schluckebier Instructors Choice 12:15p-1:00p Meet in Lobby Jacob Obert | BOOTCAMP IS BACK! Mondays and Wednesdays 5:15pm-6:00pm FREE to members. Must register to get access to offsite locations. Class is led by Jen Blaesing |
| 5:00p | Muscle Tone 5:00p-5:30p Aerobics Room Jen Oitker | Boxing 5:00p-6:00p BFit Riley Giesing | | Boxing 5:00p-6:00p BFit Riley Giesing |  | |
| 5:15p | Bootcamp 5:15p-6:00p Offsite Jen Blaesing Free - must register | PiYo 5:15p-6:00p Aerobics Room Brenna Zanger | Bootcamp 5:15p-6:00p Offsite Jen Blaesing Free - must register | | | |
| 5:30p | Cardio Circuits 5:30p-6:00p Aerobics Room Jen Oitker | YOGA 5:30p-6:15p MULTI-PURPOSE ROOM Cathy Schluckebier Power Cycling 5:30p-6:30p Cycling Room Robin Carlson |  5:30p-6:15p Aerobics Room Lisa Warner | YOGA 5:30p-6:15p MULTI-PURPOSE ROOM Kelle Bunch Power Cycling 5:30p-6:30p Cycling Room Robin Carlson |  | |
| 6:00P 7:30p |  6:45p-7:30 Aerobics Room Lisa Warner |  New Sunday hours! Open 7-4 | | | | |

Join the 30 HARD Challenge!

30 days of 30 minutes of outside exercise!

Details at Front Desk.

#YExercise



Nursery Hours

Monday-Friday 8:30 am-11am

Monday-Thursday 5pm-8pm

Saturday 8:30 am-11 am

REGISTRATION IS NECESSARY FOR ALL

FIT TO FIGHT, PEDALING FOR

PARKINSONS AND HIGH FITNESS

CLASSES