



MONDAY

9:00am Cycling – David
9:30-10:45am Yoga – Jeanne
12:30pm Chair Yoga - Debbie
5:30pm Cycling – Diana
6:15pm Kettlebell AMPD – Carrie
7:00pm Cross Training – Randy @the Rig in gym

TUESDAY

5:45am Boot Camp – David
2:00pm Classic Class – Debbie
4:00pm Gentle Vinyasa Yoga – Debbie
5:30pm Cycling – David
5:30pm Barbell Bootcamp – Joni
7:00pm Cross Training – Randy @the Rig in gym

WEDNESDAY

9:00am Cycling – David
5:30pm Cycling – David
5:45pm Cardio & Kettlebells - Carrie (NEW!)
6:30pm Yoga – Debbie (45 minutes)
6:30pm Boxing, Kettlebells & Weights – Carrie @boxing bags
7:00pm Cross Training – Randy @the Rig in gym

THURSDAY

5:45-6:30am Boot Camp – David
4:45-5:30pm Cycling – Diana
6:00 Fit Camp – Joni
7:00pm Zumba – Jordan
7:00pm Cross Training – Randy @the Rig in gym

FRIDAY

6:00am Rise & Shine Yoga – Debbie
9:00am Cycling – David
9:30-10:45 Yoga – Jeanne
11:00am Silver Sneakers Cardio Fit - Debbie
6:00pm Hip Hop Fitness– Alisha

SATURDAY

8:00am Boot Camp – David
9:00am Cycling – Diana
9:00am Beginner Yoga 101 – Debbie
10:15am Barbell Bootcamp – Joni

SUNDAY

11:00am Cycling – Lisa
2:45pm Hip Hop Fitness - Alisha

Thank you for your Class Feedback! We've added additional classes for YOU!

** Yoga with Debbie – Wednesday nights, Friday and Saturday mornings!
* Cardio & Kettlebells on Wednesday night with Carrie*

