

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Y-CYCLE 6:15-7:00am w/ Craig		Y-CYCLE 6:15-7:00am w/ Craig		
	H2O 9:00-9:45am w/ Jennifer				
WATER FITNESS 9:30-10:15am w/Jeremy		WATER FITNESS 9:30-10:15am w/Jeremy	H2O 9:30-10:15am w/ Jennifer	WATER FITNESS 9:30-10:15am w/Jeremy	ZUMBA 9:00-10:00am w/Carol
CORE FIT 10:00-10:45am w/ Kim	SILVER SNEAKERS 10:00-11:00am w/ Mary	CHAIR YOGA 10:30-11:00am w/ Kim	SILVER SNEAKERS 10:00-11:00am w/ Mary	CORE FIT 10:15-11:00am w/ Kim	YOGA 10:00-11:00am w/K'Sandre
WALKERCISE 11:00-12:00pm w/ Kim	ZUMBA GOLD 11:00-11:45am w/ Susan	WALKERCISE 11:00-12:00pm w/ Kim	ZUMBA GOLD 11:00-11:45am w/ Susan	WALKERCISE 11:00-12:00pm w/ Kim	
	WATER FITNESS 1:00-1:45pm w/Jeremy		WATER FITNESS 1:00-1:45pm w/Jeremy		
R.I.P.P.E.D 5:30-6:30pm w/ Jennifer	ATHLETIC ENHANCEMENT 4:00-4:45pm w/ Angela	ZUMBA 5:00-6:00pm w/Susan	ATHLETIC ENHANCEMENT 4:00-4:45pm w/ Angela		
WATER FITNESS 6:30-7:15pm w/ Jake	ZUMBA 5:00-6:00pm w/ Carol	CARDIO STEP 6:00-6:45pm w/ James			
RUN CLUB 7:00-8:00pm w/ James	PILATES 6:00-7:00pm w/ Patti	YOGA 7:00-8:00pm Fitness on Demand	ZUMBA 6:15- 7:15pm w/Nadine		
YOGA 6:30-7:30pm w/Donna	Y-CYCLE 7:00-7:45pm w/ Patti				
	WATER FITNESS 7:15-8:00pm w/ Robin				
	*Men's Basketball League - 7-9PM	*Men's Basketball League - 7-9PM	*CoEd Volleyball League - 7-9PM		REVISED 10/4/17

Subject to change and/or substituted.

Classes with less than 10 participants are subject to cancellation.

FITNESS ON DEMAND IS AVAILABLE IN CAMIN GROUP EXERCISE ROOM ALL/EVERY DAY, (unless there is a class)