

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|---|--|--|
| | Y-CYCLE 6:15-7:00am w/ Craig | | Y-CYCLE 6:15-7:00am w/ Craig | | |
| PICKLE BALL 8:30-10:00am | H2O 9:00-9:45am w/ Jennifer | PICKLE BALL 8:30-10:00am | | PICKLE BALL 8:30-10:00am | |
| WATER FITNESS 9:30-10:15am | | WATER FITNESS 9:30-10:15am | H2O 9:30-10:15am w/ Jennifer | WATER FITNESS 9:30-10:15am | ZUMBA 8:45-9:45am 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 | STRENGTH TRAIN TOGETHER 9:45-10:45am w/ Megan |
| ENHANCED FITNESS ARTHRITIS CLASS 10:00-11:00am | | ENHANCED FITNESS ARTHRITIS CLASS 10:00-11:00am | | ENHANCED FITNESS ARTHRITIS CLASS 10:00-11:00am | |
| 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 | |
| BEGINNER PICKLE BALL 1:00-2:30pm | WATER FITNESS 1:00-1:45pm | BEGINNER PICKLE BALL 1:00-2:30pm | WATER FITNESS 1:00-1:45pm | | |
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| R.I.P.P.E.D 5:30-6:30pm w/ Jennifer | STRENGTH TRAIN TOGETHER 5:00-6:00pm w/ Megan | HIIT 5:00-6:00pm w/ Amy | STRENGTH TRAIN TOGETHER 5:00-6:00pm w/ Megan | | |
| WATER FITNESS 6:30-7:15pm | ZUMBA 6:15-7:15pm w/ Carol | CARDIO STEP 6:00-6:45pm w/ James | ZUMBA 6:15-7:15pm w/Nadine | | |
| YOGA 6:30-7:30pm w/Donna | PILATES 6:00-7:00pm w/Patti | YIN YOGA 6:45-7:45PM w/Donna | WATER FITNESS 7:15-8:00pm w/ Robin | | |
| PICKLE BALL 6:30-9:00pm | Y-CYCLE 7:00-7:45pm w/ Patti | Run Club 7:00pm w/ James | | | |
| Run Club 7:00pm w/ James | | | | | |
| | *Men's Basketball League - 7-9PM | *Men's Basketball League - 7-9PM | *CoEd Volleyball Open Play 7-9PM | | REVISED 2/7/19 |

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)