

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		
R.I.P.P.E.D 5:30-6:30pm w/ Jennifer	STRENGTH TRAIN TOGETHER 5:00-6:00pm w/ Megan	Zumba 5:00-6:00pm w/ Bianca	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		
Run Club 7:00pm w/ James	Y-CYCLE 7:00-7:45pm w/ Patti	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 3/5/19

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)