

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Y-CYCLE 6:15-7:00am w/ Craig		Y-CYCLE 6:15-7:00am w/ Craig		STRENGTH TRAINING 9:00-10:00am w/ Cori start 9/14
		STRENGTH TRAINING 7:30-8:15am w/ Cori start 9/10			
PICKLE BALL 8:00-10:00am		PICKLE BALL 8:00-10:00am		PICKLE BALL 8:00-10:00am	
WATER FITNESS 9:30-10:15am	H2O 9:00-9:45am w/ Jennifer	WATER FITNESS 9:30-10:15am	H2O 9:30-10:15am w/ Jennifer	WATER FITNESS 9:30-10:15am	
ENHANCED FITNESS ARTHRITIS CLASS 10:00-11:00am	SILVER SNEAKERS 10:00-11:00am w/ Mary	ENHANCED FITNESS ARTHRITIS CLASS 10:00-11:00am	SILVER SNEAKERS 10:00-11:00am w/ Mary	ENHANCED FITNESS ARTHRITIS CLASS 10:00-11:00am	
WALKERCISE 11:00-12:00pm w/ Kyreek	ZUMBA GOLD 11:00-11:45am w/ Susan	WALKERCISE 11:00-12:00pm w/ Kyreek	ZUMBA GOLD 11:00-11:45am w/ Susan	WALKERCISE 11:00-12:00pm w/ Kyreek	
	WATER FITNESS 1:00-1:45pm		WATER FITNESS 1:00-1:45pm		
ADULT GYM CLASS 5:00-5:30pm w/ James start 9/9	STRENGTH TRAINING 5:00-6:00pm w/ Cori		STRENGTH TRAINING 5:00-6:00pm w/ Cori		
R.I.P.P.E.D 5:30-6:30pm w/ Jennifer	PILATES 6:00-7:00pm w/ Patti or Jeannie	CARDIO STEP 6:00-6:45pm w/ James	PILATES 5:30-6:15pm w/ Jeannie start 9/19		
WATER FITNESS 6:30-7:15pm	Y-CYCLE 7:00-7:45pm w/ Ray		ZUMBA 6:15-7:15pm w/Nadine		
YOGA 6:30-7:30pm w/Donna			WATER FITNESS 7:15-8:00pm w/ Robin		
PICKLE BALL 6:30-8:30pm					
	*Men's Basketball League - 7-9PM	*Men's Basketball League - 7-9PM	*CoEd Volleyball Open Play 7-9PM		REVISED 8/28/19

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)