

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Y-CYCLE 6:15-7:00am w/ Craig		Y-CYCLE 6:15-7:00am w/ Craig		TONING 9:00-10:00am w/ Holly
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	
ZUMBA GOLD 12:00-12:45pm w/ Susan	STRENGTH TRAINING 12:00-1:00pm w/ Karen	STEPPING GOLD 12:00-1:00pm w/ Holly	STRENGTH TRAINING 12:00-1:00pm w/ Karen	CHAIR YOGA 12:00-1:00pm w/ Amelia	
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		
ADULT GYM CLASS 5:00-5:30pm w/ James	PILATES 5:15-6:00pm w/ Patti or Jeannie		HIIT (ages 12-16) 4:30-5:00pm w/ Kyreek		
R.I.P.P.E.D 5:30-6:30pm w/ Jennifer	HIIT 6:00-6:30pm 6:30-7:00pm w/ James	CARDIO STEP 6:00-6:45pm w/ James	HIIT 5:00-5:30pm 5:30-6:00pm 6:00-6:30pm w/ James		
WATER FITNESS 6:30-7:15pm	YOGA 6:00-7:00pm w/ Amelia		PILATES 5:30-6:15pm w/ Jeannie		
PICKLE BALL 6:30-8:30pm			ZUMBA 6:15-7:15pm w/Nadine		
YOGA 6:30-7:30pm Gina			WATER FITNESS 7:15-8:00pm		
	*Men's Basketball League - 7-9PM	*Men's Basketball League - 7-9PM			REVISED 3/4/2020

Subject to change and/or substituted.

Classes with less than 10 participants are subject to cancellation.