

GROUP EXERCISE SCHEDULE



Exercise Studio 1
Exercise Studio 2

January 2018

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
	Y CYCLE (55) 5:15AM Adam				Y CYCLE (55) 5:15AM Adam				Y CYCLE (55) 5:15AM Adam		
BASIC STEP (30) 7:30am Cheri	Y CYCLE (55) 6:15AM Adam		TAI CHI (45) 8:15am B&C Room Georgi	BASIC SCULPT (30) 7:30pm Cheri	Y CYCLE (55) 6:15AM Michelle			BASIC STEP (30) 7:30am Cheri	Y CYCLE (55) 6:15AM Michelle		STRENGTH TRAINING (85) 8:00am Vicki
	Zumba (55) 8:30am-Gym Nicolette		Zumba (55) 8:30am-Gym Betsy		STRONG by Zumba (55) 8:30am - Gym Nicolette		Zumba (55) 8:30am-Gym Joanna		Zumba (55) 8:30am-Gym Joanna	Zumba (55) 8:30am Jess	
**TRX (55) 9:00am Melanie	Y CYCLE (55) 9:00am Jessica	Y FIRM (55) 9:00am Jessica C.	TAI CHI II (55) 9:00am B&C Rooms Georgi	**TRX (55) 9:00am Melanie	Y CYCLE (55) 9:00am Jessica	Y FIRM (55) 9:00am Sara	TAI CHI II (55) 9:00am B&C Rooms Georgi		Y CYCLE (55) 9:00am Sara	METABOLIC CONDITIONING 9:30pm (55) Vicki	Y CYCLE (55) 9:00am Rotating
SilverSneakers Classic (45) Gym 10:15am Janique		SilverSneakers Classic (45) Gym 10:15am Janique	TAI CHI DIABETES 10:15am (30) B&C Rooms Georgi	SilverSneakers Yoga (45) 10:15am Cheri	SilverSneakers Classic (45) 10:15am Janique	SilverSneakers Classic (45) Gym 10:15am Janique	TAI CHI DIABETES 10:15am (30) B&C Rooms Georgi	SilverSneakers Yoga (45) 10:15am Cheri			
SilverSneakers Cardio (45)-Gym 11:10am Janique		SilverSneakers Circuit (45)-Gym 11:10am Cheri		SilverSneakers Yoga (45) 11:10am Cheri	SilverSneakers Cardio (45) 11:10am Janique	SilverSneakers Circuit (45)-Gym 11:10am Cheri		SilverSneakers Yoga (45) 11:10am Cindy		SilverSneakers Yoga (45) 11:10am Janique	
Y FIRM (55) 12pm Melissa			PEDAL & PUMP 12pm (55) Melissa	Y FIRM (55) 12pm Melissa		BODY BARRE (55) 12pm Charlene		Y FIRM (55) 12pm Melissa			
Daytime Line Dancing (55) 2:00pm Richard	Starts January 8th ←										
CARDIO MIX (55) 5:30pm Kristie	Y CYCLE (55) 5:30pm Bernadette	METABOLIC CONDITIONING 5:30pm (55) Vicki		CARDIO MIX (55) 5:30pm Kristie	Y CYCLE (55) 5:30pm Bernadette	METABOLIC CONDITIONING 5:30pm (55) Vicki		STRONG by Zumba (55) 5:30pm Joanna			
Zumba (55) 6:30pm Kim	STRENGTH TRAINING (85) 6:30pm Darryl	YOGA (55) 6:30pm Kristie		Zumba (55) 6:30pm - Kim	STRENGTH TRAINING (85) 6:30pm Darryl	YOGA (55) 6:30pm Kristie					

** Denotes space is limited for the class. **All water group exercises classes are on the pool schedules.**

Cameron Giebel - Healthy Living Director
Phone: (719) 543-5151 ext. 323

Classes with less than 10 participants on a consistent basis are subject to change.