

# GROUP EXERCISE SCHEDULE



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## May 2019

Exercise Studio							
Community Rooms (CR)							
MONDAY	TUESDAY		WEDNESDAY	THURSDAY		FRIDAY	SATURDAY
Y Cycle (55) <b>5:15am</b> Sara	BodyX (45) <b>5:15am</b> Jessica		Y Cycle (55) <b>5:15am</b> Sara	BodyX (45) <b>5:15am</b> Jessica		Y Cycle (55) <b>5:15am</b> Michelle	
Y Cycle (55) <b>6:15am</b> Bernadette	Yoga (55) <b>6:00 am</b> Melorie		Y Cycle (55) <b>6:15am</b> Michelle	Yoga (55) <b>6:00 am</b> Melorie		Y Cycle (55) <b>6:15am</b> Michelle	
Basic Step (30) <b>7:30am</b> Cheri			Basic Sculpt (30) <b>7:30am</b> Cheri			Basic Step (30) <b>7:30am</b> Cheri	
Zumba (55) <b>8:15am</b> Chelsa	Zumba (55) <b>8:15am</b> Betsy	TAI CHI (45) <b>8:15am</b> B&C Room Georgi	STRONG (55) <b>8:15am</b> Joanna	Zumba (55) <b>8:15am</b> Joanna	TAI CHI (45) <b>8:15am</b> B&C Room Georgi	Zumba (55) <b>8:15am</b> Joanna	Circuit Training <b>8:00am</b> (55) Vicki
Y Cycle (55) <b>9:15 am</b> Jessica	StrengthTrain (55) <b>9:15am</b> Cameron	TAI CHI II (55) <b>9:00am</b> B&C Rooms Georgi	Y Cycle (55) <b>9:15am</b> Jessica	StrengthTrain (55) <b>9:15am</b> Cameron	TAI CHI II (55) <b>9:00am</b> B&C Rooms Georgi	Y Cycle (55) <b>9:15am</b> Sara	Zumba (55) <b>8:30 am</b> Janessa
Silver Sneaker Classic (45) <b>10:15 am</b> Janique	SilverSneaker Classic (45) <b>10:15am</b> Cheri		SilverSneaker Classic (45) <b>10:15am</b> Cindy	SilverSneaker Classic (45) <b>10:15am</b> Janique		Silver Sneaker Yoga (45) <b>10:15 am</b> Cindy	Strength Train (55) <b>9:30 am</b> Vicki
Silver Sneaker Cardio (45) <b>11:10 am</b> Janique	SilverSneaker Circuit (45) <b>11:10 am</b> Cheri		Silver Sneaker Yoga (45) <b>11:10 am</b> Cheri	SilverSneaker Circuit (45) <b>11:10 am</b> Cheri		Silver Sneaker Yoga (45) <b>11:10 am</b> Cindy	
Y Firm (55) <b>12:00 pm</b> Melissa	Yoga (55) <b>12:00 pm</b> Julie ☐		Y Firm (55) <b>12:00 pm</b> Melissa			Y Firm (55) <b>12:00 pm</b> Melissa	
Express Cycle (25) <b>5:00pm</b> Cameron			Strength Train (55) <b>4:30pm</b> Cameron	Express Cycle (25) <b>5:00pm</b> Cameron			
Cardio Mix (55) <b>5:30 pm</b> Kristie	METABOLIC CONDITIONING <b>5:30pm</b> (55) Vicki		Cardio Mix (55) <b>5:30 pm</b> Kristie	METABOLIC CONDITIONING <b>5:30pm</b> (55) Vicki		STRONG (55) <b>5:30pm</b> Joanna	
Zumba (55) <b>6:30pm</b> Kim	YOGA (55) <b>6:30pm</b> Kristie		Zumba (55) <b>6:30pm</b> Kim	YOGA (55) <b>6:30pm</b> Kristie			
Circuit Training (55) <b>6:30 pm- Meet in CR A</b> Darryl			Circuit Training (55) <b>6:30 pm- Meet in CR A</b> Darryl				

**All water group exercise classes are on the pool schedules.**

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

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