

GROUP EXERCISE SCHEDULE



March 2020

Exercise Studio		Steelworks Club							
Community Room		Gymnasium							
MONDAY		TUESDAY		WEDNESDAY	THURSDAY		FRIDAY	SATURDAY	
Y Cycle (55) 5:15am Sara		BodyX (45) 5:30am Jessica		Y Cycle (55) 5:15am Michelle				Y Cycle (55) 5:15am Michelle/Jeff	
Basic Step (30) 7:30am Cheri				Basic Sculpt (30) 7:30am Cheri				Basic Step (30) 7:30am Cheri	
Zumba (55) 8:15am Chelsa				STRONG (55) 8:15am Joanna		Zumba (55) 8:15am Hilary		Tai Chi II (55) 8:15am Georgi	
Y Cycle (55) 9:15 am Amy		Strength Train (55) 9:15am Christa		Tai Chi I (55) 8:15am Georgi		Y Cycle (55) 9:15am Amy		Strength Train (55) 9:15am Christa	
Power Yoga (55) 10:15am Audri		SilverSneaker Classic (45) 10:15 am Cheri		SilverSneaker Classic (45) 10:15am Cheri		SilverSneaker Classic (45) 10:15am Cheri		Silver Sneaker Yoga (45) 10:15 am Cindy	
		SilverSneaker Circuit (45) 11:10 am Cheri		Silver Sneaker Yoga (45) 11:10 am Cheri		SilverSneaker Circuit (45) 11:10 am Cheri		Silver Sneaker Yoga (45) 11:10 am Cindy	
Y Firm (55) 12:00 pm Melissa		Yoga (55) 12:00 pm Julie		Y Firm (55) 12:00 pm Melissa				Y Firm (55) 12:00 pm Melissa	
Express Cycle (25) 5:00pm Cameron						Express Cycle (25) 5:00pm Cameron			
Cardio Mix (55) 5:30 pm Kristie		METABOLIC CONDITIONING 5:30pm(55) Vicki		Strength Train (55) 5:30pm Vicki		METABOLIC CONDITIONING 5:30pm(55) Vicki		STRONG (55) 5:30pm Joanna	
Zumba (55) 6:30pm Kim		YOGA (55) 6:30pm Kristie		Zumba (55) 6:30pm Kim		YOGA (55) 6:30pm Kristie			
Circuit Training (75) 6:30 pm Darryl				Circuit Training (75) 6:30 pm Darryl					

All water group exercise classes are on the pool schedules.

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