



HEALTHY LIVING: April

**Group Fitness
Schedule
SPRING 2019**

Schedule begins
Monday, April 1, 2019

Child Watch Hours:
Monday 9-12, 4-7:30p
Tuesday 9-12, 4-7:30
Wednesday 9-12, 4-7:30
Thursday 9-12, 4-7:30
Friday 9-12, 4-7:30
Saturday 9-12 noon
Sunday - closed

*** Classes held upstairs in
Exergame Room**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-7:00a	Energize Step Diane	6:00 – 6:45a The Beginners Guide to Moving Stronger David	6:00 – 6:45a The Beginners Guide to Moving Stronger David	6:00 – 6:45a The Beginners Guide to Moving Stronger David	6:00-7:00a Energize Step Diane		
7:00-8:00a		7:00-8:00a Pilates Louise	*in Exergame 6:00-7:00a Energize Step Diane	7:00-8:00a Pilates Louise	7:00-8:00a Yoga Barbara	7:30-8:30a Energize Step Diane	
8:00-9:00a	8:00-9:00a Body Sculpt Andy	8:00-9:00a Pilates Barbara	7:00-8:00a Yoga Frank	8:00-9:00a Pilates Barbara	8:05-9:05a Low Impact Esther	8:00-9:00a Zumba Emily	
8:15-9:10a	*in Exergame 8:15-9:10a Zumba Barbara	8:00-9:00a Fit for Life Frank	7:00-8:00a Meditation Alicia	8:00-9:00a Fit for Life Frank	8:15-9:15a Tai Chi for Balance- Louise	*in Exergame 8:45-9:45a Hardcore Justin	
9:15-10:15a	9:15-10:15a Power Hour Barbara	*in Exergame 9:15-10:15a Zumba Esther	*in Livestrong 8:05-9:05a Low Impact Tammy	*in Exergame 9:15-10:15a Power Hour Charlene	8:55-9:25a Yoga Deb	10:00-10:45a Fit Kids Carolyn	
9:30-10:30a	9:30-10:30a Enhance Fitness Frank	9:15-10:15a Live Life Yoga Kay	8:15-9:15a Tai Chi for Balance- Louise	9:15-10:15a Live Life Yoga Kay	9:15-10:20a Nia Sculpt Jessica	*in Exergame 11:30-12:15p Move4Life Kids David	12:15-1:15p Zumba Christy
10:45-11:45	*in Exergame *Signup Required 10:45-11:45 Livestrong Alumni -Deb	*in Exergame 10:30-11:30 Half and Half Marcia	*in Exergame 9:15-10:20a Classic Nia Jessica	*in Exergame 10:30-11:30a Kripalu Hatha Yoga Gordon	9:30-10:30a Enhance Fitness Frank	*in Exergame *Signup Required 10:30-11:30 Body Sculpt Marcia	*in Exergame *Signup Required 12:30-1:15p Move4Life Kids David
10:45-11:45			9:30-10:30a Enhance Fitness Frank				12:45-1:45p Aqua Zumba Carolyn
		11:45-12:45 Kripalu Hatha Yoga Gordon	*in Exergame 10:45-11:45 Livestrong Alumni -Deb	*in Small Pool 1:45-2:30p Yoqua Kay			1:45-2:45p Yoga Nikki
		4:30-5:30p Yoga Flow Dessie	*in Exergame 10:45-11:45 Zumba Sona	4:30-5:30p Zumba Christy	5:00-6:00p Body Sculpt Chris		
4:30-5:30p	4:30-5:30p Zumba Christy	5:00-6:00p Body Sculpt Chris		5:30-6:30p Bootcamp Justin			
		*in Exergame	1:00-2:00p Fitness Chair Denise G	6:30-7:30p Hatha Yoga Mazie			
6:30-7:30p	6:30-7:30p Yoga Flow Sheri		*in Exergame 4:15-5:15p Yoga Nikki	*in Exergame 6:30-8:30p Aikido Larry			
		6:15-7:15p Tai Chi Mark & Roberta	5:30-6:30p Cize Live Sona				
		*in Exergame	6:30-7:30p Zumba Toning Carolyn				