



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HEALTHY LIVING: JULY

**Group Fitness  
Schedule  
SUMMER 2018**

Schedule begins  
Sunday, July 1, 2018

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	Keep Fit Simple Calisthenics David	Energize Step Diane	Keep Fit Simple Calisthenics David	Energize Step Diane		
7:00-8:00a	20-10 Keith	Pilates Louise	Mindful Meditation Alicia	Pilates Louise	Yoga Barbara	Energize Step Diane	
8:00-9:00a	Body Sculpt Andy <b>*in Exergame</b>	Pilates Barbara	Low Impact Tammy	Pilates Barbara	Low Impact Esther	Zumba Emily <b>*in Exergame</b>	
8:15-9:10a	Zumba Barbara	Fit for Life Frank <b>*in Exergame</b>	Tai Chi for Balance- Louise <b>*in Exergame</b>	Fit for Life Frank <b>*in Exergame</b>	Tai Chi for Balance- Louise <b>*in Exergame</b>	Hardcore Justin	
9:15-10:15a	Power Hour Barbara	Zumba Esther	Classic Nia Jessica	Power Hour Charlene	Nia Sculpt Jessica	Fit Kids Carolyn <b>*in Exergame</b>	
9:30-10:30a	Enhance Fitness Frank <b>*in Exergame</b> <b>*Signup Required</b>	Live Life Yoga Kay <b>*in Exergame</b>	Enhance Fitness Frank <b>*in Exergame</b> <b>*Signup Required</b>	Live Life Yoga Kay <b>*in Exergame</b>	Enhance Fitness Frank <b>*in Exergame</b> <b>*Signup Required</b>	Move4Life Kids David <b>*in Exergame</b>	
10:45-11:45	Livestrong Alumni -Deb <b>*in Exergame</b>	Half and Half Marcia	Livestrong Alumni -Deb <b>*in Exergame</b>	Kripalu Hatha Yoga Gordon	Body Sculpt Marcia	Zumba Christy	12:15-1:15p
10:45-11:45	Zumba Sona		Zumba Sona	Vitality Stretch Amy		Yoga Nikki	1:45-2:45p
11:45-12:45	Vitality Stretch Amy		Vitality Stretch Amy	Yoqua Kay <b>*In Small Pool</b>		Aqua Zumba Carolyn	1:45-2:30p
		4:30-5:30p Energetic Yoga Dessie	1:00-2:00p Fitness Chair Denise G <b>*in Exergame</b>	4:30-5:30p Zumba Christy	5:00-6:00p Body Sculpt Chris		
4:30-5:30p	Zumba Christy	5:00-6:00p Body Sculpt Chris <b>*in Exergame</b>	4:15-5:15p Yoga Nikki	5:30-6:30p Bootcamp Justin	6:00-7:00p Yin Yoga Julie		
			5:30-6:30p Cize Live Sona	6:30-7:30p Hatha Yoga Mazie			
6:30-7:30p	Yoga Flow Sheri		6:30-7:30p Zumba Toning Carolyn	6:30-8:30p Aikido Larry <b>*in Exergame</b>			