



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTHY LIVING: March

**Group Fitness
Schedule
SPRING 2019**

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