



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTHY LIVING: February

Group Fitness Schedule WINTER 2018	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Schedule begins Friday, February 1, 2019	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		
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	7:00-8:00a 20-10 Keith	7:00-8:00a Pilates Louise	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 Body Sculpt Andy	8:00-9:00a Pilates Barbara	7:00-8:00a Yoga Frank	8:00-9:00a Pilates Barbara	8:10-9:10a Low Impact Esther	8:00-9:00a Zumba Emily	
	*in Exergame		*in Exergame			*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	8:45-9:45a Hardcore Justin	
* Classes held upstairs in Exergame Room		*in Exergame	*in Livestrong	*in Exergame	*in Exergame		
	9:15-10:15a Power Hour Barbara	9:15-10:15a Zumba Esther	8:05-9:05a Low Impact Tammy	9:15-10:15a Power Hour Charlene	9:15-10:20a Nia Sculpt Jessica	10:00-10:45a Fit Kids Carolyn	
						*in Exergame	
	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	9:30-10:30a Enhance Fitness Frank	11:30-12:15p Move4Life Kids David	
	*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	10:30-11:30 Half and Half Marcia	9:15-10:20a Classic Nia Jessica	10:30-11:30a Kripalu Hatha Yoga Gordon	10:30-11:30 Body Sculpt Marcia		12:15-1:15p Zumba Christy
	*in Exergame						
	10:45-11:45 Zumba Sona		9:30-10:30a Enhance Fitness Frank	11:45-12:45 Vitality Stretch Amy			12:45-1:45p Aqua Zumba Carolyn
			*in Exergame				
	11:45-12:45 Vitality Stretch Amy	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 Energetic Yoga 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	11:45-12:45 Vitality Stretch Amy	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 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					