



AEROBICS ROOM SCHEDULE

MONDAY

5:45-6:45am- BARRE
8:30-9:30am- Crossfire
4:00-5:00pm- Kickboxing
5:00-5:50pm- Step of Faith
6:00-7:00pm- Zumba

Instructor: Lisa Old
Instructor: Elissa Douglass
Instructor: Bev Stevener
Instructor: Kay Griffin
Instructor: Mallory Whiffen

TUESDAY

10:00-11:00am-Tai Chi
4:00-5:00pm- Zumba
5:00-6:00pm- BARRE
6:00-7:00pm- Zumba

Instructor: Tim Wall
Instructor: Bridgett Stephenson
Instructor: Kay Griffin
Instructor: Maria Gayton

WEDNESDAY

5:45-6:45am- BARRE
8:30-9:30am- Crossfire
5:00-5:50pm- BARRE
6:00-7:00pm- Zumba

Instructor: Lisa Old
Instructor: Elissa Douglass
Instructor: Kay Griffin
Instructor: Casey Castaneda

THURSDAY

10:00-11:00am-Tai Chi
11:00-12:00pm- Line Dancing
4:00-5:00pm- Zumba
5:00-6:00pm- Kickboxing
6:00-7:00pm- Zumba

Instructor: Tim Wall
Instructor: Norma Tatum
Instructor: Bridgett Stephenson
Instructor: Bev Stevener
Instructor: Marilyn Clark

FRIDAY

8:30-9:30am- Crossfire

Instructor: Elissa Douglass

SATURDAY

9:00-10:00- Zumba

Instructor: Maria Gayton

MULTI-PURPOSE ROOM SCHEDULE

MONDAY

8:30-9:30am- Circuit Training
10:00-11:00am- PACE
4:15-5:00pm- HIIT IT!
5:00-5:50pm- Fit At Five
6:00-7:15pm- Hard Core Yoga

Instructor: Linda Harris
Instructor: Brenda Freed
Instructor: Sarah Nothdurft
Instructor: Dwayne Davis
Instructor: Elena Foresman

TUESDAY

6:00-6:50am- Y Pump
9:00-9:30am- HIIT IT! (2nd half)
5:15-6:00pm- Y Pump
6:00-7:00pm- Beginner Y Pump

Instructor: Lisa Old
Instructor: Debbie Wilson
Instructor: Cindy Hart
Instructors: Kim Pierce and Carlean Dial

WEDNESDAY

8:30-9:30am- Circuit Training
10:00-11:00am- PACE
4:15-5:00pm- HIIT IT!
5:00-5:50pm- Fit At Five
6:00-7:15pm- Hard Core Yoga

Instructor: Linda Harris
Instructor: Brenda Freed
Instructor: Sarah Nothdurft
Instructor: Dwayne Davis
Instructor: Elena Foresman

THURSDAY

6:00-6:50am- Y Pump
9:00-9:30am- HIIT IT! (2nd half)
5:15-6:00pm- Y Pump
6:00-7:00pm- Beginner Y Pump

Instructor: Lisa Old
Instructor: Debbie Wilson
Instructor: Cindy Hart
Instructors: Kim Pierce and Carlean Dial

FRIDAY

8:30-9:30am- Circuit Training

Instructor: Linda Harris

SATURDAY

10:00-11:00am- Fit At Five

Instructor: Dwayne Davis

SUNDAY

2:00-3:00pm- Y Pump

Instructor: Cindy Hart



SPINNING ROOM SCHEDULE

MONDAY

5:00-6:00am- Group Cycling

5:15-6:00pm- Group Cycling

Instructor: John Klueppel

Instructor: Sally Lape

TUESDAY

8:30-9:00am- HIIT It (first half)

Instructor: Debbie Wilson

WEDNESDAY

5:00-6:00am- Group Cycling

5:15-6:00pm- Group Cycling

Instructor: John Klueppel

Instructor: Sally Lape

TUESDAY

8:30-9:00am- HIIT It (first half)

Instructor: Debbie Wilson

FRIDAY

5:00-6:00am- Group Cycling

Instructor: John Klueppel