



AEROBICS ROOM SCHEDULE

MONDAY

*5am-6am/8:30-9:30am- Crossfire
11:00-12:00pm- Yoga
4:30-5:00pm- Cycle Pump (2nd half)
5:00-5:50pm- Step of Faith
6:00-7:00pm- Zumba

TUESDAY

4:00-5:00pm- Zumba
6:00-7:00pm- Zumba

WEDNESDAY

*5am-6am/8:30-9:30am- Crossfire
4:30-5:00pm- Cycle Pump (2nd half)
5:00-5:50pm- Step of Faith
6:00-7:00pm- Zumba

THURSDAY

9:00-10:00am- Yoga
11:00-12:00pm- Line Dancing
4:00-5:00pm- Zumba
6:00-7:00pm- Zumba

FRIDAY

*5am-6am/8:30-9:30am- Crossfire

SATURDAY

9:00-10:00- Zumba

Instructor: Jeff Williams/Bridgett Stephenson
Instructor: Melanie Dewitt/Becky Ault
Instructor: Lisa Old
Instructor: Kay Griffin
Instructor: Mallory Whiffen

Instructor: Bridgett Stephenson
Instructor: Maria Gayton

Instructor: Jeff Williams/Bridgett Stephenson
Instructor: Lisa Old
Instructor: Kay Griffin
Instructor: Casey Castaneda

Instructor: Melanie Dewitt/Becky Ault
Instructor: Norma Tatum
Instructor: Bridgett Stephenson
Instructor: Marilyn Clark

Instructor: Jeff Williams/Bridgett Stephenson

Instructor: Maria Gayton

MULTI-PURPOSE ROOM SCHEDULE

MONDAY

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

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

WEDNESDAY

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

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

FRIDAY

8:30-9:30am- Circuit Training

SATURDAY

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

SUNDAY

2:00-3:00pm- Y Pump

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

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

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

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

Instructor: Linda Harris

Instructor: Dwayne Davis

Instructor: Cindy Hart

*5:00-6:00am Crossfire class on M, W, and F will be from 6:00-7:00am for the summer.



SPINNING ROOM SCHEDULE

MONDAY

5:00-6:00am- Group Cycling
4:00-4:30pm- Cycle Pump (1st half)
5:15-6:00pm- Group Cycling

Instructor: John Klueppel
Instructor: Lisa Old
Instructor: Sally Lape

TUESDAY

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

Instructor: Debbie Wilson

WEDNESDAY

5:00-6:00am- Group Cycling
4:00-4:30pm- Cycle Pump (1st half)
5:15-6:00pm- Group Cycling

Instructor: John Klueppel
Instructor: Lisa Old
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