

START TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6:15		Weight Circuit Annette					
8:30	Zumba Gold Audrey	SPINNING Naomi	Major Tone Up Trina	SPINNING LuAnn			
9:00						Power House ROTATING	Cardio Circuit Marcy
9:30	YOGA Duane		YOGA Duane		Water Aerobics Paula		
9:35		Weight Circuit Ann		Weight Circuit Ann	Mat Pilates Trina/Linda	Weight Circuit Johnny	
10:00		Water Aerobics Paula		Water Aerobics Paula			
10:05							
10:30						Water Aerobics Paula	
10:35	Senior Aerobics Trina		Senior Aerobics Trina		Minor Tone Up / Sit n' Stretch Trina/Audrey		
1:00				Line Dancing Laddie (Beginner Class)			
2:00	Line Dancing Laddie (Adv.)			Line Dancing Laddie (Adv.)			
6:00	Major Tone Up Lisa		Major Tone Up Tracy			<p>September 7th - October 3rd</p> <p>All classes are 55 minutes or less unless stated otherwise.</p> <p>Cardio and Weight Circuit Classes are held in the Fitness Center.</p> <p>Water Aerobics held at Outdoor Pool until further notice.</p> <p>All other classes are held in the Aerobics Studio.</p> <p>Schedule subject to change.</p>	
6:10							
6:15	Water Aerobics Tarshia			Water Aerobics Sandy			
6:30		YOGA Chris		YOGA Katherine			
7:00	Express Spin Linda (30 min. class)						
7:30	Pilates Express Linda (30 min. class)						

Cardio Circuit: Participants perform rotating cardiovascular intervals on the various cardio machines in the fitness center. A fat burning and endurance building workout.

Core & More: Flexibility training and core work to build abdominal and back strength.

Hoop Motion: A fun, hip new way to burn calories and get fit. Hoop Motion a fun alternative to plain exercise, blends the fun of hula hooping with the rhythmic motions of dancing. Easy on the joints and hard on the abs, Hoop Motion is a low impact, cardio energizing, fat burning, and muscle sculpting work out. A true, unique and liberating way to shed fat, inches, and pounds, while improving coordination, balance, and blood circulation. It is also a great stress reliever.

Line Dancing: Learn a variety of popular line dances like the Jitterbug, Tush Push, Boot Scootin' Boogie, and many more. You are guaranteed to get your feet moving and have lots of fun. Line Dancing is divided into beginner and advanced classes.

Major Tone-Up: A choreographed workout using a weighted bar and/or dumbbells. You will tone up all of your major muscle groups.

Minor Tone-Up/Sit n' Stretch: A choreographed workout using light dumbbells and gentle chair stretching. You will tone up all of your major muscle groups as well as lengthen them. Simple yet effective!

Mat Pilates: This class will increase your core strength and tone your muscles to give you a lean physique. This class involves slow and controlled movements.

Power House: A weekly rotating class that will feature class formats such as Hi/Lo Step, Zumba, Major Tone-Up, and others.

Senior Aerobics: Class geared for the "Young at Heart". A Lo-Impact floor workout combined with strengthening and stretching exercises. This class is NOT for Seniors only. Beginners are encouraged and welcome.

Spinning®: A unique 45 minute stationary cycling class that brings the element of athletic training to people of all ages and fitness levels. This high energy class integrates music, camaraderie, and visualization in a complete mind/body exercise routine.

Weight Circuit: A 60 minute fitness center class where participants perform intense resistance training in 45 second intervals. Workout includes upper and lower body exercises as well as abdominal work. (Participants must know how to use all of the equipment before attending 1st class).

Water Aerobics: This class lets the coolness, and smoothness of water provide all the muscle resistance you need to benefit from a great cardio workout without the wear and tear on your joints of traditional methods. You can take the class at your own pace, and is great for all ages.

Yoga: Yoga is a 8,000 year old art of total fitness. It promotes toning of body organs, calming of the nerves, and strengthening of the muscles. Emphasis is on body alignment, increased bone density, and flexibility. Yoga is age defying!!

Zumba: Zumba combines high energy, motivating, Latin based music with unique moves and floor combinations. Participants can dance away their worries. Zumba is for all fitness levels.

Zumba Gold: Zumba at a slower pace.