



GROUP EXERCISE SCHEDULE

May 2023

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DOWNTOWN

	CLASS	STARTS	ENDS	INSTRUCTOR	LOCATION	CATEGORY
MON	SilverSneakers®	10:00a	10:45a	Karen	Gymnasium	Active Older Adult
	Strength Intervals	12:15p	1:00p	Jessica	Group Exercise Studio	Strength
	*Enhance Fitness	2:00p	3:00p	Brenda	Gymnasium	Paid Program
	*Livestrong	4:00p	6:00p	Amanda/Jon	Conference Room	Sponsored Program
	Dance Fitness	5:45p	6:45p	Stacy	Group Exercise Studio	Dance
	Revelation Fitness®	7:00p	7:45p	Ashley	Group Exercise Studio	Cardio Strength
TUES	Cycling	5:30a	6:15a	Stephenie	Cycling Studio	Cycling
	SilverSneakers®	10:00a	10:45a	Brenda	Gymnasium	Active Older Adult
	Intervals	12:15p	12:45p	Jama	Group Exercise Studio	Cardio Strength
	BODYPUMP®	5:45p	6:30p	Michelle	Group Exercise Studio	Strength
WED	S.S. Yoga Stretch®	10:00a	10:45a	Karen	Gymnasium	Active Older Adult
	Strength Intervals	12:15p	1:00p	Jessica	Group Exercise Studio	Strength
	*Enhance Fitness	2:00p	3:00p	Tonya	Gymnasium	Paid Program
	Dance Fitness	5:45p	6:45p	Stacy	Group Exercise Studio	Dance
	Revelation Fitness®	7:00p	7:45p	Ashley	Group Exercise Studio	Cardio Strength
THUR	Cycling	5:30a	6:15a	Stephenie	Cycling Studio	Cycling
	SilverSneakers®	10:00a	10:45a	Brenda	Gymnasium	Active Older Adult
	BODYPUMP®	12:15p	1:00p	Julie	Group Exercise Studio	Strength
	*Livestrong	4:00p	6:00p	Amanda/Jon	Conference Room	Sponsored Program
	BODYPUMP®	5:45p	6:45p	Connie T	Group Exercise Studio	Strength
FRI	Strength – Recovery Café	11:00a	11:45a	Tonya	Group Exercise Studio	Strength
	BODYBALANCE®	12:15p	1:00a	Jessica	Group Exercise Studio	Mind & Body
	*Enhance Fitness	2:00p	3:00p	Julia	Gymnasium	Paid Program
SAT	BODYPUMP®	8:30a	9:15a	Michelle	Group Exercise Studio	Strength
	BODYBALANCE®	9:30a	10:15a	Jessica	Group Exercise Studio	Mind & Body
	Dance Fitness	10:30a	11:15a	Stacy	Group Exercise Studio	Dance

***Paid Programing**



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NORTHWEST

	CLASS	STARTS	ENDS	INSTRUCTOR	LOCATION	CATEGORY
MON	BODYPUMP®	5:15a	6:15a	Liz S	Wellness Center Studio	Strength
	Intervals	6:30a	7:15a	Audra	Wellness Center Studio	Cardio Strength
	Zumba Toning®	9:00a	9:45a	Victoria	Upstairs Studio	Dance
	Zumba®	10:00a	10:45a	Mollie	Upstairs Studio	Dance
	SilverSneakers®	10:45a	11:30a	Kathy	Gymnasium	Active Older Adult
	Cardio Strength	4:30p	5:15p	Liz W	Wellness Center Studio	Cardio Strength
	Yoga	5:30p	6:30p	Kellie	Upstairs Studio	Mind & Body
TUES	Barbell Class	6:30a	7:15a	Audra	Wellness Center Studio	Strength
	Zumba®	10:00a	10:45a	Tiffany	Wellness Center Studio	Dance
	Strength	11:00a	11:45a	Tiffany	Wellness Center Studio	Strength
	BODYPUMP®	4:30p	5:15p	Laurie	Wellness Center Studio	Strength
	Zumba®	5:30p	6:30p	Shelly	Wellness Center Studio	Dance
	Yoga	5:30p	6:30p	Jasmine	Upstairs Studio	Mind & Body
WED	BODYPUMP®	5:15a	6:15a	Liz S	Wellness Center Studio	Strength
	Intervals	6:30a	7:15a	Audra	Wellness Center Studio	Strength
	Core & Toning	9:00a	9:45a	Amanda G.	Wellness Center Studio	Cardio Strength
	Zumba®	10:00a	10:45a	Mollie	Upstairs Studio	Dance
	SilverSneakers®	10:45a	11:30a	Sandy	Gymnasium	Active Older Adult
	Cardio Strength	4:30p	5:15p	Liz W	Wellness Center Studio	Cardio Strength
	Cycling	5:30p	6:15p	Casey	Upstairs Studio	Cardio
THUR	Barbell Class	6:30a	7:15a	Audra	Wellness Center Studio	Strength
	Zumba®	10:00a	10:45a	Tiffany	Wellness Center Studio	Dance
	Strength	11:00a	11:45a	Tiffany	Wellness Center Studio	Strength
	BODYPUMP®	4:30p	5:15p	Laurie	Wellness Center Studio	Strength
	Dance Fitness	5:30p	6:30p	Connie	Wellness Center Studio	Dance
	BODYBALANCE®	5:30p	6:30p	Jasmine	Upstairs Studio	Mind & Body
FRI	Yoga	9:00a	10:00a	Kellie	Upstairs Studio	Mind & Body
	Zumba Toning®	9:00a	9:45a	Victoria	Wellness Center Studio	Dance
	Zumba®	10:00a	10:45a	Victoria	Wellness Center Studio	Dance
	SilverSneakers®	11:00a	11:45a	Sandy	Gymnasium	Active Older Adult
SAT	Cycling	8:00a	8:45a	Casey	Upstairs Studio	Cycling
	Strength	9:00a	9:45a	Casey	Upstairs Studio	Strength
	Dance Fitness	10:00a	10:45a	Audra/Connie	Wellness Center Studio	Dance



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YORKTOWN

	CLASS	STARTS	ENDS	INSTRUCTOR	LOCATION	CATEGORY
MON	Cycling	9:15a	10:00a	Carly	Cycling Area	Cycling
	SilverSneakers®	9:15a	10:00a	Lorretta	Group Exercise Studio	Active Older Adult
	BODYBALANCE®	5:30p	6:30p	Kamna	Group Exercise Studio	Mind & Body
	Cardio Boxing	6:45p	7:45p	Christine/Raeann	Group Exercise Studio	Cardio Strength
TUES	Strength	9:00a	9:45a	Carly	Group Exercise Studio	Strength
	Zumba Gold®	11:00am	11:45am	Sharon	Group Exercise Studio	Dance
	Intervals	4:45p	5:30p	Kalene	Group Exercise Studio	Cardio Strength
	BODYPUMP®	6:00p	6:45p	Lauren	Group Exercise Studio	Strength
	Tap Dance	7:00p	7:45p	Natalie	Group Exercise Studio	Dance
WED	Cycling	9:15a	10:00a	Carly	Cycling Area	Cycling
	SilverSneakers®	9:15a	10:00a	Sandy	Group Exercise Studio	Active Older Adult
	BODYBALANCE®	5:30p	6:30p	Kamna	Group Exercise Studio	Mind & Body
THUR	Strength	9:00a	9:45a	Kamna	Group Exercise Studio	Strength
	Zumba Gold®	11:00a	11:45a	Sharon	Group Exercise Studio	Dance
	Intervals	4:45p	5:30p	Kalene	Group Exercise Studio	Cardio Strength
	BODYPUMP®	6:00p	6:45p	Lauren	Group Exercise Studio	Dance
	Dance Fitness	7:00p	7:45p	Stacy	Group Exercise Studio	Strength
FRI	Cycling	9:15a	10:00a	Pat	Cycling Area	Cycling
	SilverSneakers®	9:15a	10:00a	Sandy	Group Exercise Studio	Active Older Adult
SAT	Cycling	8:15a	9:00a	Kalene	Cycling Area	Cycling