



GROUP EXERCISE SCHEULE

June 2023

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DOWNTOWN

	CLASS	STARTS	ENDS	INSTRUCTOR	LOCATION	CATEGORY
MON	SilverSneakers®	10:00am	10:45am	Karen	Gymnasium	Active Older Adult
	Strength Intervals	11:00pm	11:45am	Jessica	Group Exercise Studio	Strength
	Dance Fitness	5:45pm	6:45pm	Stacy	Group Exercise Studio	Dance
	Revelation Fitness®	7:00pm	7:45pm	Ashley	Group Exercise Studio	Cardio Strength
TUES	Cycling	5:30am	6:15am	Stephenie	Cycling Studio	Cycling
	SilverSneakers®	10am	10:45am	Brenda	Gymnasium	Active Older Adult
	Intervals	11:15am	11:45am	Jama	Group Exercise Studio	Cardio Strength
	BODYPUMP®	5:45pm	6:30pm	Michelle	Group Exercise Studio	Strength
WED	Cycling	5:30am	6:15am	Stephanie	Cycling Studio	Cycling
	Dance Fitness	9:00am	9:45am	Tiffanie	Group Exercise Studio	Dance
	S.S. Yoga Stretch®	10:00am	10:45am	Karen	Gymnasium	Active Older Adult
	Strength Intervals	11:00am	11:45am	Jessica	Group Exercise Studio	Cardio Strength
	Dance Fitness	5:45pm	6:45pm	Stacy	Group Exercise Studio	Dance
	Revelation Fitness®	7:00pm	7:45pm	Ashley	Group Exercise Studio	Cardio Strength
THUR	Cycling	5:30am	6:15am	Stephenie	Cycling Studio	Cycling
	SilverSneakers®	10:00am	10:45am	Brenda	Gymnasium	Active Older Adult
	BODYPUMP®	11:00am	11:45am	Julie	Group Exercise Studio	Strength
	BODYPUMP®	5:45pm	6:45pm	Connie T	Group Exercise Studio	Strength
Fri	BODYBALANCE®	11:00am	11:45pm	Jessica Vogel	Group Exercise Studio	Mind & Body



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YORKTOWN

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



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NORTHWEST

	CLASS	STARTS	ENDS	INSTRUCTOR	LOCATION	CATEGORY
MON	BODYPUMP®	5:15am	6:15am	Liz S	Wellness Center Studio	Strength
	Intervals	6:30am	7:15am	Audra	Wellness Center Studio	Cardio Strength
	Zumba Toning®	9:00am	9:45am	Victoria	Upstairs Studio	Dance
	Zumba®	10:00am	10:45am	Mollie	Upstairs Studio	Dance
	SilverSneakers®	11:00am	11:45am	Kathy	Gymnasium	Active Older Adult
	Cardio Strength	4:30pm	5:15pm	Liz W	Wellness Center Studio	Cardio Strength
	Yoga	5:30pm	6:30pm	Kellie	Upstairs Studio	Mind & Body
TUES	Barbell Class	6:30am	7:15am	Audra	Wellness Center Studio	Strength
	Zumba®	10:00am	10:45am	Tiffany	Wellness Center Studio	Dance
	Strength	11:00am	11:45am	Tiffany	Wellness Center Studio	Strength
	BODYPUMP®	4:30pm	5:15pm	Laurie	Wellness Center Studio	Strength
	Zumba®	5:30pm	6:30pm	Shelly	Wellness Center Studio	Dance
	Yoga	5:30pm	6:30pm	Jasmine	Upstairs Studio	Mind & Body
WED	BODYPUMP®	5:15am	6:15am	Liz S	Wellness Center Studio	Strength
	Intervals	6:30am	7:15am	Audra	Wellness Center Studio	Strength
	Core & Toning	9:00am	9:45am	Amanda G.	Wellness Center Studio	Cardio Strength
	Zumba®	10:00am	10:45am	Mollie	Wellness Center Studio	Dance
	SilverSneakers®	11:00am	11:45am	Sandy	Wellness Center Studio	Active Older Adult
	Cardio Strength	4:30pm	5:15pm	Liz W	Wellness Center Studio	Cardio Strength
	Cycling	5:30pm	6:15pm	Casey	Upstairs Studio	Cardio
THUR	Barbell Class	6:30am	7:15am	Audra	Wellness Center Studio	Strength
	Zumba®	10:00am	10:45am	Tiffany	Wellness Center Studio	Dance
	Strength	11:00am	11:45am	Tiffany	Wellness Center Studio	Strength
	BODYPUMP®	4:30pm	5:15pm	Laurie	Wellness Center Studio	Strength
	Dance Fitness	5:30pm	6:30pm	Connie	Wellness Center Studio	Dance
	BODYBALANCE®	5:30pm	6:30pm	Jasmine	Upstairs Studio	Mind & Body
FRI	Yoga	9:00am	10:00am	Kellie	Upstairs Studio	Mind & Body
	Zumba Toning®	9:00am	9:45am	Victoria	Wellness Center Studio	Dance
	Zumba®	10:00am	10:45am	Victoria	Wellness Center Studio	Dance
	SilverSneakers®	11:00am	11:45am	Sandy	Gymnasium	Active Older Adult
SAT	Cycling	8:00am	8:45am	Casey	Upstairs Studio	Cycling
	Strength	9:00am	9:45am	Casey	Wellness Center Studio	Strength
	BODYBALANCE®	9:30am	10:15am	Jessica	Upstairs Studio	Mind & Body
	Dance Fitness	10:00am	10:45am	Audra/Connie	Wellness Center Studio	Dance
	Beginner Adult Tap	2:00pm	2:45pm	Hazel	Upstairs Studio	Dance