

LAND GROUP FITNESS SCHEDULE

DAY	TIME	CLASS	INSTRUCTOR	DAY	TIME	CLASS	INSTRUCTOR
Monday	7:15am	Core & More	Sania	Tuesday	8:00am	Yoga	Kara
	9:00am	Hi - intensity/Lo - Impact	Hattie		9:05am	Muscle Pump	Kyle
	10:00am	Silver Sneaker Classic	Sandie		10:00am	Beginner Spin / Cycle	Kyle
	11:00am	Low Impact	Hattie		11:00am	Silver Sneakers	Lisa
	12:00pm	Vinyasa Flow Yoga	George		12:00pm	Strength & Balance	Linda M.
	1:00pm	Sr. Cardio/Strength	Hattie		1:00pm	Strength & Balance	Linda M.
	2:00pm	Sr. Flexibility	Hattie		5:30pm	Advanced Spin / Cycle	Kyle
	3:00pm	Stretch & Tone	Lisa				
	5:30pm	Bootcamp	Kyle				
6:30pm	Step	Lisa					
DAY	TIME	CLASS	INSTRUCTOR	DAY	TIME	CLASS	INSTRUCTOR
Wednesday	7:15am	Core & More	Sania	Thursday	8:00am	Gentle Yoga (Begin Nov. 8)	Ramona
	8:00am	Yoga	Ramona		9:05am	Muscle Pump	Kyle
	10:00am	Silver Sneaker Classic	Hattie		10:00am	Strength & Balance	Lisa
	11:00am	RTW Cancer Survivor Class *	Terry		11:00am	Silver Sneakers	Lisa
	12:00pm	Low Impact	Hattie		1:00pm	Strength & Balance	Lisa
	1:00pm	Sr Cardio / Strength	Hattie		2:00pm	Yoga	Ramona
	2:00pm	Sr. Flexibility	Hattie		5:30pm	Alternate Conditioning	Lisa
	3:00pm	Yoga	Crystal		6:30pm	Cardio Mix	Lisa
	5:30pm	Tabata Bootcamp	Kyle				
7:30pm	Prenatal Fitness *	OH Baby! Fitness					
DAY	TIME	CLASS	INSTRUCTOR	DAY	TIME	CLASS	INSTRUCTOR
Friday	7:15am	Core & More	Sania	Sat	8:30am	Vinyasa Flow Yoga	George
	8:00am	Yoga	Ramona				
	10:00am	Silver Sneaker classic	Sandie				
	11:00am	Chair Yoga	George				
	12:00pm	Senior Bootcamp	Hattie				
		All classes are subject to change					
				Sun	TIME	CLASS	INSTRUCTOR
					8:30-10:00am	Chair Yoga	George

WATER GROUP FITNESS SCHEDULE

DAY	TIME	CLASS	INSTRUCTOR	DAY	TIME	CLASS	INSTRUCTOR
Monday	9:00am	Easy Motion	Sharman	TUESDAY	9:00am	Aqua-Zumba #	Nicole
	10:00am	Mindful Motion	Sharman		10:00am	Aqua Zumba #	Nicole
	11:00am	Water Therapy*	PT Staff		12:00pm	Easy Motion	Sandie
	1:00pm	Strength & Balance	Linda M.		2:00pm	Water Therapy*	PT Staff
	4:00pm	Aqua Volleyball	Wellness Coach		5:05pm	Aqua-fitness	Lisa
	7:00pm	Aqua-fitness	Hattie		6:00pm	Aqua-fitness	Lisa
DAY	TIME	CLASS	INSTRUCTOR	DAY	TIME	CLASS	INSTRUCTOR
Wednesday	9:00am	Strength & Balance	Lisa	Thursday	8:00am	Aqua Tabata	Marcy
	10:00am	Aqua Bootcamp	Nicole		9:00am	Aqua-fitness	Sandie
	11:00am	Water Therapy*	PT Staff		10:00am	Aqua-fitness	Sandie
	1:00pm	Aqua - Fitness	Linda M.		2:00pm	Water Therapy*	PT Staff
	4:00pm	Aqua-fitness	Hattie		5:05pm	Aqua-fitness	Linda H.
	7:05pm	Aqua - Fitness	Hattie		6:00pm	Aqua - fitness	Linda H.
DAY	TIME	CLASS	INSTRUCTOR	DAY	TIME	CLASS	INSTRUCTOR
Friday	9:00am	Aqua-fitness	Sandie	Sat	8:30am	Aqua-fitness	
	10:00am	Aqua-fitness	Hattie		9:30am	Aqua-fitness	
	1:00pm	Volleyball	Wellness Coach				
	4:00pm	Aqua-fitness	Hattie				
				1st & 4th Sat - Hattie 2nd & 5th Sat - Sandie, 3rd Sat - Marcy			
		# indicates a class limit of 30. Please RSVP at front desk 15 minutes prior to class start time.	*Indicates that you must be involved in therapy for the class.				