



## LAND GROUP FITNESS SCHEDULE

DAY	TIME	CLASS	INSTRUCTOR	DAY	TIME	CLASS	INSTRUCTOR
<b>Monday</b>	7:15am	Core & More	Derek	<b>Tuesday</b>	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	Timeka
	11:00am	Low Impact	Hattie		12:00pm	Strength & Balance	Linda M.
	12:00pm	Vinyasa Flow Yoga	George		1:00pm	Strength & Balance	Linda M.
	1:00pm	Sr. Cardio/Strength	Hattie		3:00pm	Stretch & Tone	Timeka
	2:00pm	Sr. Flexibility	Hattie		4:30pm	Bootcamp	Timeka
	3:00pm	Stretch & Tone	Timeka		5:30pm	Advanced Spin / Cycle	Timeka
	5:30pm	Bootcamp	Timeka				
	6:30pm	Step	Mary Ellen				
<b>Wednesday</b>	7:15am	Core & More	Garion	<b>Thursday</b>	8:00am	Gentle Yoga	Crystal
	8:30am	Stretch & Tone	Timeka		9:05am	Muscle Pump	Kyle
	10:00am	Silver Sneaker Classic	Hattie		10:00am	Strength & Balance	Timeka
	11:00am	RTW Cancer Survivor Class *	Garion		1:00pm	Strength & Balance	Timeka
	12:00pm	Low Impact	Hattie		2:15pm	Yoga	Crystal
	1:00pm	Sr Cardio / Strength	Hattie		5:30pm	Alternate Conditioning	Mary Ellen
	2:00pm	Sr. Flexibility	Hattie		6:30pm	Cardio Mix	Mary Ellen
	3:00pm	Yoga	Crystal				
	5:15pm	Tabata Bootcamp	Timeka				
6:15pm	Dance & Stretch	Timeka					
7:30pm	Prenatal Fitness *	OH Baby! Fitness					
<b>Friday</b>	7:15am	Core & More	Garion	<b>Sat</b>	8:30am	Vinyasa Flow Yoga	George
	8:00am	Yoga	Crystal				
	10:00am	Silver Sneaker classic	Sandie				
	11:00am	Yoga	George				
	12:00pm	Senior Bootcamp	Hattie				
	<b>All classes are subject to change</b>						
				<b>Sun</b>	8:30am	Chair Yoga	George

## WATER GROUP FITNESS SCHEDULE

DAY	TIME	CLASS	INSTRUCTOR	DAY	TIME	CLASS	INSTRUCTOR
<b>Monday</b>	9:00am	Easy Motion	Sharman	<b>TUESDAY</b>	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	Mary Ellen
	7:00pm	Aqua-fitness	Hattie		6:00pm	Aqua-fitness	Mary Ellen
<b>Wednesday</b>	9:00am	Strength & Balance	Kyle	<b>Thursday</b>	8:00am	Aqua Arthritis	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.		
<b>Friday</b>	9:00am	Aqua-fitness	Sandie	<b>Sat</b>	8:30am	Aqua-fitness	
	10:00am	Aqua-fitness	Hattie		9:30am	Aqua-fitness	
	1:00pm	Volleyball	Wellness Coach				
	4:00pm	Aqua-fitness	Hattie				
		# 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.	1st & 4th Sat - Hattie 2nd & 5th Sat - Sandie, 3rd Sat - Marcy			