



LAND GROUP FITNESS SCHEDULE

DAY	TIME	CLASS	INSTRUCTOR	DAY	TIME	CLASS	INSTRUCTOR	
Monday	7:15am	Core & More	Derek	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	Sania	
	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		4:30pm	Bootcamp	Kyle	
	3:00pm	Stretch & Tone	Various		5:30pm	Advanced Spin / Cycle	Kyle	
	5:30pm	Bootcamp	Kyle					
6:30pm	Step	Mary Ellen						
Wednesday	7:15am	Core & More	Derek	Thursday	8:00am	Gentle Yoga	Crystal	
	10:00am	Silver Sneaker Classic	Hattie		9:05am	Muscle Pump	Kyle	
	11:00am	RTW Cancer Survivor Class *	Terry		10:00am	Strength & Balance	Derek	
	12:00pm	Low Impact	Hattie		11:00am	Silver Sneakers	Sania	
	1:00pm	Sr Cardio / Strength	Hattie		1:00pm	Strength & Balance	Derek	
	2:00pm	Sr. Flexibility	Hattie		2:15pm	Yoga	Crystal	
	3:00pm	Yoga	Crystal		5:30pm	Alternate Conditioning	Mary Ellen	
	5:30pm	Tabata Bootcamp	Kyle		6:30pm	Cardio Mix	Mary Ellen	
	7:30pm	Prenatal Fitness *	OH Baby! Fitness					
Friday	7:15am	Core & More	Derek	Sat	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					
	All classes are subject to change			DAY	TIME	CLASS	INSTRUCTOR	
				Sun	8:30am	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	Mary Ellen
	7:00pm	Aqua-fitness	Hattie		6:00pm	Aqua-fitness	Mary Ellen
Wednesday	9:00am	Strength & Balance	Kyle	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.
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				
		# indicates a class limit of 30. Please RSVP at front desk 15 minutes prior to class start time.				1st & 4th Sat - Hattie 2nd & 5th Sat - Sandie, 3rd Sat - Marcy	
		*Indicates that you must be involved in therapy for the class.					