



LAND GROUP FITNESS SCHEDULE

| DAY | TIME | CLASS | INSTRUCTOR | DAY | TIME | CLASS | INSTRUCTOR | |
|------------------|--|-----------------------------|------------|-----------------|---------|------------------------|------------|--|
| Monday | 7:15am | Core & More | Kyle | 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 | 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 | | | | | |
| | | | | | | | | |
| Wednesday | 7:15am | Core & More | Garion | Thursday | 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 | | 2:00pm | 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 | | | | | | |
| Friday | 7:15am | Core & More | Garion | 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 | | | 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 Arthritis | Marcy |
| | 10:00am | Aqua Bootcamp | Kyle | | 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. | *Indicates that you must be involved in therapy for the class. | 1st & 4th Sat - Hattie 2nd & 5th Sat - Sandie, 3rd Sat - Marcy | | | |