



GROUP FITNESS SCHEDULE MARCH 2024

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
M O R N I N G C L A S S E S		Cycle 45♦♦ w/ Lisa Pennington 5:30-6:15am CR	Bootcamp w/ Lisa Pennington♦♦ 5:30-6:25am AC	Cycle 45♦♦ w/ Lisa Pennington 5:30-6:15am CR		Circuit Training w/ Brooke Yanik ♦♦ 5:30am-6:25am CTR	
		Cross Training w/ Tracy Hilman ♦♦ 5:30-6:25am AG			Cross Training w/ Tracy Hilman♦♦ 5:30-6:25am AG		
			Yoga ♦ w/ Jodi Fields 8:00-8:45am RR	FREE Pickleball Lessons w/ Lynn White & Dawn Hall 8:00-9:00am AG	Yoga ♦ w/ Andrea Hall 8:00-8:45am RR		
		Silver Toning ♦ w/ Julie Vinson 8:00-8:50am AC	Basic Step ♦ w/ Kris Pennington 8:30-9:00am AC	Silver Toning ♦ w/ Andrea Hall 8:00-8:50am AC		Silver Toning ♦ w/ Julie Vinson 8:00-8:50am AC	Cycle 45 w/ Kim Clayton ♦ 8:00-8:45am CR
		Toning ♦♦ w/ Carli Holbrook 9:00-9:55am AC	Total Body w/ Nkechi Ezes♦♦ 9:00-9:55am AC	Bootcamp w/ Brooke Yanik♦♦ 9:00-9:55am AC	Total Body w/ Nkechi Eze♦♦ 9:00-9:55am AC	Core & More ♦♦ w/ Carli Holbrook 9:00-9:55am AC	Circuit Training w/ Brooke Yanik♦♦♦ 9:00-9:55am CTR
		Circuit Training w/ Brooke Yanik ♦♦♦ 9:00-9:55am CTR	Pilates ♦ w/ Carol Scott 9:00-9:55am RR		Pilates ♦ w/ Carol Scott 9:00-9:55am RR	Circuit Training w/ Brooke Yanik ♦♦♦ 9:00-9:55am CTR	Yoga ♦ w/ Brittany Tackett 9:00-9:55am RR
		Silver Cardio w/ Andrea Hall ♦ 9:00-9:45am RR	Silver Sneakers w/ Carol Scott ♦ 10:00-10:45am RR	Silver Cardio w/ Andrea Hall ♦ 9:00-9:45am RR	Silver Sneakers w/ Carol Scott ♦♦ 10:00-10:45am RR	Silver Cardio w/ Kris Pennington ♦ 9:00-9:45am RR	Zumba w/ Alison Webb ♦♦ 10:00-10:55am AC
		Aqua Dance & Tone w/ Nancy Haney ♦ 9:00-11:00am SP	Aqua Dance & Tone w/ Kris Pennington♦ 9:00-11:00am SP	Aqua Dance & Tone w/ Kris Pennington♦ 9:00-11:00am SP	Aqua Dance & Tone w/ Nancy Haney♦ 9:00-11:00am SP	Pilates ♦ w/ Jodi Fields 10:00-10:55am RR	
		Yoga ♦ w/ Andrea Hall 10:00-10:55am RR	Zumba w/ Jessica Ortiz ♦♦ 10:00-10:55am AC	Yoga w/ Jodi Fields ♦ 10:00-10:55am RR	Zumba w/ Jessica Ortiz ♦♦ 10:00-10:55am AC		
		Waterwork Wonders w/ Mary Blanton ♦ 11:00-noon SP	Cycle30 ♦♦ w/ Brooke Yanik 10:00-10:30am CR	Waterwork Wonders w/ Mary Blanton ♦ 11:00-noon SP	Cycle30 ♦♦ w/ Brooke Yanik 10:00-10:30am CR	Waterwork Wonders w/ Mary Blanton ♦ 11:00-noon SP	
							AC: Aerobic Center RR: Recreation Room CR: Cycle Room AG: Adult Gym CTR: Circuit Training Room SP: Swimming Pool
E V E N I N G C L A S S E S		Yoga w/ Tammy Jackson ♦ 5:30-6:25pm RR		Pilates ♦ w/ Jodi Fields 4:30-5:25pm RR	Kids Dance Class w/ Casey Faulkner ♦ 5:30-6:20pm RR		
		Dance Fitness w/ Christy Lawson♦♦ 5:35-6:25pm AC	Dance Fitness w/ Christy Lawson ♦♦ 5:35-6:25pm AC	Zumba w/ Alison Webb ♦♦ 5:35-6:25pm AC	Dance Fitness w/ April McFarlin ♦♦ 5:30-6:25pm AC		
	\$ Co-Ed Volleyball 4:00-8:00pm AG	Cycle 45 w/ Kim Clayton ♦ 6:00-6:45pm CR			Cycle 45 w/ Tanner Henderson♦♦ 6:00-6:45pm CR		
		Boot Camp w/ Carli Holbrook ♦♦ 6:30-7:25pm AC	Total Body Challenge w/ Lauren Howard♦♦ 6:30-7:25pm AC	Kickboxing w/ Summer Nichols♦♦ 6:30-7:30pm AC	Total Body Challenge w/ Summer Nichols♦♦ 6:30-7:25pm AC		
			\$ Tai Chi w/ George Brown 6:00-6:30pm RR		\$ Tai Chi w/ George Brown 6:30-7:00pm RR		
			\$ Martial Arts w/ Mike 7:00-8:00pm RR		\$ Martial Arts w/Mike 7:00-8:00pm RR		

Intensity Level
 ♦- Low
 ♦♦- Moderate
 ♦♦♦-High
 \$-Paid class