



GROUP FITNESS SCHEDULE SEPTEMBER 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/ Karen Pierzala 5:30-6:15am CR	Cross Training w/ Tracy Hilman •• 5:30-6:25am AG	Circuit Training w/ Brooke Yanik •• 5:30am-6:25am CTR	
		Cross Training w/ Tracy Hilman •• 5:30-6:25am AG	Yoga • w/ Jodi Fields 8:00-8:45am RR		Yoga • w/ Jodi Fields 8:00-8:45am RR		
			Basic Step • w/ Carol Lewis 8:30-9:00am AC				
		Silver Toning • w/ Julie Vinson 8:00-8:50am AC	Total Body w/ Nketchi Eze •• 9:00-9:55am AC	Silver Toning • w/ Andrea Hall 8:00-8:50am AC	Total Body w/ Zach Adkins •• 9:00-9:55am 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	Pilates • w/ Carol Scott 9:00-9:55am RR	Bootcamp w/ Brooke Yanik •• 9:00-9:55am AC	Pilates • w/ Carol Scott 9:00-9:55am RR	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	Cycle30 •• w/ Brooke Yanik 9:00-9:30am CR	Silver Cardio w/ Andrea Hall • 9:00-9:45am RR	Cycle30 •• w/ Brooke Yanik 9:00-9:30am CR	Circuit Training w/ Brooke Yanik ••• 9:00-9:55am CTR	Yoga w/ Hannah Patierno • 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	Aqua Dance & Tone w/ Carol Lewis • 9:00-11:00am SP	Silver Sneakers w/ Carol Scott •• 10:00-10:45am RR	Silver Cardio w/ Carol Lewis & Julie Vinson • 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/ Carol Lewis • 9:00-11:00am SP	Dance Fitness w/ Afton Carroll •• 10:00-10:55am AC	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	Cycle30 •• w/ Brooke Yanik 10:00-10:30am CR	Yoga w/ Tammy Jackson • 10:00-10:55am RR	Cycle30 •• w/ Brooke Yanik 10:00-10:30am CR		
		Waterwork Wonders w/ Mary Blanton • 11:00-noon SP		Waterwork Wonders w/ Mary Blanton • 11:00-noon SP		Waterwork Wonders w/ Mary Blanton • 11:00-noon SP	
	E V E N I N G C L A S S E S		Yoga w/ Tammy Jackson • 5:30-6:25pm RR	Kids Dance Class w/ Casey Faulkner • 5:30-6:25pm RR		Power Yoga w/ Brittany Tackett •• 5:30-6:25pm RR	
		Dance Fitness w/ Christy Lawson •• 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/ Breann Perry •• 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 6:30-7:00pm 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		

AC: Aerobic Center
 RR: Recreation Room
 CR: Cycle Room
 AG: Adult Gym
 CTR: Circuit Training Room
 SP: Swimming Pool

Intensity Level
 •- Low
 ••- Moderate
 •••-High
 §-Paid class