



GROUP FITNESS SCHEDULE NOVEMBER 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/ Casey Faulkner ♦♦ 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 ♦ 10:00-10:45am 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	
		Yoga w/ Tammy Jackson ♦ 5:30-6:25pm RR			Power Yoga w/ Brittany Tackett ♦♦ 5:30-6:25pm RR		
E V E N I N G C L A S S E S		Dance Fitness w/ Christy Lawson ♦♦ 5:35-6:25pm AC			Dance Fitness w/ Christy Lawson ♦♦ 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