



GROUP FITNESS

CLASS SCHEDULE > EFFECTIVE 9/21/2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30-6:15 am Total Body HIIT JoElle • Studio 206	6:30-7:15 am Yoga Stretch Lisa • Studio 206	5:30-6:15 am Group Cycle Kristina • Studio 206	6:30-7:15 am Yoga Stretch Lisa • Studio 206/Patio	5:30-6:15 am Strong for Life Gina • Studio 206	6:30-7:15 am Group Cycle Kristina • Studio 206
7:45-8:30 am Senior Fitness Catherine • Studio 206	9:00-9:45 am Aqua Interval KC • Pool	6:45-7:30 am Yoga Kristi • Studio 206	9:00-9:45 am Aqua Interval KC • Pool	6:45-7:30 am Yoga Kristi • Studio 201	7:00-7:45 am Xpress Boot Camp Genny • Court 3
9:15-10:00 am Core Fit Sherry • Studio 206	9:15-10:00 am Strong for Life Amanda • Studio 206	9:00-9:45 am Cardio Dance Christina • Court 3	9:00-9:45 am TRX® Circuit Amanda • Studio 206	9:00-9:45 am Warm Water Therapy Crista • Therapy Pool	8:00-8:45 am Lift & Tone Genny • Studio 206
10:30-11:15 am Functional Fitness Gail • Studio 206	10:00-10:45 am Aqua Arthritis KC • Therapy Pool	9:00-9:45 am Aqua Bootcamp KC • Pool	9:15-10:00 am Easy Tai Chi Sherry • Room 122	9:15-10:00 am Strong for Life Amanda • Studio 206	8:15-9:00 am Good Morning Yoga Sherry • Room 122
10:45-11:30 am Warm Water Therapy Catherine • Therapy Pool	10:30-11:15 am Tai Chi Sherry • Studio 206	9:15-10:00 am Total Body Conditioning Amanda • Studio 206	10:15-11:00 am Aqua Zumba KC • Pool	10:30-11:15 am Balance, Strength, Stretch KC • Studio 206	8:45-9:30 am P90X® JoElle • Gym
5:00-5:45 pm Cardio Kickboxing Genny • Court 3	4:30-5:15 pm Total Body Conditioning Genny • Studio 206	10:30-11:15 am Fit-4-Ever Amanda • Studio 206	10:30-11:15 am Beginner Yoga Sherry • Studio 206		9:00-9:45 am Aqua Bootcamp Crista • Pool
5:30-6:15 pm Aqua Kickboxing Angela • Pool	6:00-6:45 pm P90X® JoElle • Studio 206	5:15-6:00 pm Butt & Guts KC • Studio 206	5:30-6:15 pm TRX® Circuit Genny • Studio 206		9:15-10:00 am Group Cycle Gina • Studio 206
5:30-6:15 pm Group Cycle Lisa • Studio 206	6:15-7:00 pm Aqua Arthritis Crista • Therapy Pool	5:30-6:15 pm Aqua Kickboxing Angela • Pool	5:30-6:15 pm Aqua Zumba Angela • Pool		10:30-11:15 am Zumba® Debbie • Court 3
6:45-7:30 pm Hatha Yoga Lisa • Studio 206	6:30-7:15 pm Zumba Debbie • Court 3	6:30-7:15 pm Aqua Pilates Angela • Therapy Pool	6:00-6:45 pm Tai Chi Sherry • Room 122		
	7:15-8:00 pm Yogalates Fran K • Studio 206	6:30-7:00 pm Transform Live® JoElle • Studio 206	6:45-7:30 pm Group Cycle Gina • Studio 206		
		7:30-8:15 pm Hatha Yoga Sherry • Room 122			
					SUNDAY
					9:15-10:00 am Strong for Life Lisa • Studio 206
					9:30-10:15 am Zumba® Debbie • Court 3
					10:30-11:15 am Gentle Yoga Lisa/Lee • Studio 206



All classes, days, times, and instructors are subject to change without notice.

