

Group Exercise

3/1/2025 through 3/31/2025

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>In Person Classes Schedule runs March 1st to March 31st and is subject to change.</p> <p>Registration for all classes start- Feb 20th</p> <p>Registration required for all classes. The cost is \$3.00 per class except Silver Sneaker Classes or otherwise indicated. Class size limited.</p> <p>ORANGE indicates New Time/ New Class</p> <p>Classes are in the Program Studio unless otherwise noted: (GM) = Gym (WC) = Wellness Center (SR) = Springer Room (CR) = Cycling Room (RC) = Racquetball Court (PAV) = Pavilion</p> <p>MUST bring your own mat for Yoga and Pilates.</p>		7:00-8:00am Sprint/Strength (WC) Tyler	5:15 -6:00am Tabata/ Strength Christine	7:00am- 8:00am Sprint/ Strength (WC) Tyler	7:00-8:00am Sprint/ Strength (WC) Tyler		
	10:15-11:15AM Yoga Amy 11:30-12:15pm Kids Yoga Amy	8:00-8:45AM Strength & Conditioning Lyndsay 9:00-9:45am Fitness 101 Lyndsay	10:30-11:30am Science of Stretching Holly	8:00-8:45AM Total Body Circuit (GM) Lyndsay	9:00-9:45am Cycling Sue	8:00-8:45am TRX Lyndsay 9:00-9:45am Cardio Fit Janie 10:00-10:45 Zumba Janie 11:00-11:45am Tai -Chi Jenny	Beginner Pickleball (March 15-May 3) 8:30-9:30am (GM) Annick 8:30- 9:30am Self Defense Tony 9:30-10:15am Cycling Sonja
		8:30-9:15AM Silver Sneakers Classic (GM) Sue 9:30-10:15AM Silver Sneakers Classic (GM) Sue	10:30-11:15AM Silver Sneakers Circuit (GM) Lisa	9:30-10:15AM Silver Sneakers Classic (GM) Lisa	8:30-9:15AM Silver Sneakers Yoga (GM) Sharon 9:30-10:15AM Silver Sneakers Circuit (GM) Lisa	8:30-9:15AM Silver Sneakers Classic (GM) Sue 9:30-10:15AM Silver Sneakers Classic (GM) Jenny	
		6:00-6:45 PM Strength & Conditioning Dianna	6:00-7:00PM Self Defense (RC) Tony	6:00-7:00pm Yoga Alexis	6:00-6:45pm TRX Dianna		