



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP EXERCISE SCHEDULE

January	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>In Person Classes</b></p> <p>Schedule runs January 5<sup>th</sup> to January 31<sup>st</sup> and is subject to change.</p> <p>Beginner Pickleball runs Nov 8 to Dec 20</p> <p><b>Registration for all classes start- Dec 20th</b></p> <p>Registration required for all classes. The cost is \$3.00 per class except Silver Sneaker Classes otherwise indicated. Class size limited.</p> <p><b>BLUE</b> indicates New Time/ New Class</p> <p>Classes are in the Program Studio unless otherwise noted:</p> <p><b>(GYM)</b> = Gym <b>(WC)</b> = Wellness Center <b>(SR)</b> = Springer Room <b>(CR)</b> = Cycling Room <b>(RC)</b> = Racquetball Court <b>(PAV)</b> = Pavilion</p> <p><b>MUST bring your own mat for Yoga and Pilates.</b></p>	<p>8:00-8:45am Strength &amp; Conditioning Lyndsay</p> <p>8:30-9:15am Silver Sneakers Classic <b>(GYM)</b> Kathleen</p> <p>9:30-10:15am Silver Sneakers Classic <b>(GYM)</b> Sue</p> <p>6:00-6:50pm Turbokick/PiYo Janie</p>	<p>5:15-6:00am Tabata/ Strength Christine</p> <p><b>9:30-10:30am</b> <b>Yoga</b> Larry</p>	<p>8:00-8:45am Total Body Circuit <b>(GYM)</b> Lyndsay</p> <p>9:00-9:45am Cycling <b>(CR)</b> Teresa</p> <p>9:30-10:15am Silver Sneakers Classic <b>(GYM)</b> Lisa</p> <p>10:30-11:15am Zumba Gold Janie</p>	<p>8:30-9:15am Silver Sneakers Yoga <b>(GYM)</b> Sharon</p> <p>10:00-11:00am <b>Yoga</b> Larry</p> <p>6:00-6:45pm <b>Gentle Pilates/Stretch</b> Angel</p>	<p><b>8:00-8:45am</b> <b>TRX</b> Lyndsay</p> <p>8:30-9:15am Silver Sneakers Classic <b>(GYM)</b> Sue</p> <p><b>9:30-10:15am</b> <b>Dance Fitness</b> Janie</p> <p>9:30-10:15am Silver Sneakers Classic <b>(GYM)</b> Jenny</p> <p>10:45-11:30am Tai-Chi Jenny</p>	<p><b>8:30-9:30am</b> <b>Beginner Pickleball</b> <b>(GYM)</b> Annick</p> <p>9:30-10:15am Cycling <b>(CR)</b> Sonja</p>	<p><b>10:15-11:15am</b> <b>Yoga</b> Larry</p>