



























# JUNE 2010 Fitness Schedule

All the fitness classes meet in the fitness studio unless otherwise noted!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 - 7:00 am BootCamp Kelly	5:45 - 6:45 am Cycling Dolores	6:00 - 7:00 am BootCamp Kelly	5:45 - 6:45 am Cycling Dolores	6:00 - 7:00 am BootCamp Kelly	
7:15 - 8:00 am Core Control Kelly	7:00 - 8:00 am Dolores 	7:15 - 8:00 am Core Control Kelly	7:00 - 8:00 am Dolores 	7:15 - 8:00 am Core Control Kelly	8:00 - 9:00 am Heather / Dolores 
8:15 - 9:15 am Total Fitness Dianne	8:20 - 9:20 am Freda 	8:15 - 9:15 am Muscle Confusion (Panorama Hall) Dianne	8:20 - 9:20 am Freda 	8:15 - 9:15 am Muscle Confusion (Panorama Hall) Dianne	9:15 - 10:15 am Heather / Dolores 
8:20 - 9:20 am (Panorama Hall) Kelly 	9:30 - 10:30 am Kelly 	8:20 - 9:20 am Scott 	9:30 - 10:30 am Dolores 	8:20 - 9:20 am Scott 	10:30 - 11:30 am Yoga Fusion Heather / Dolores
9:30 - 10:30 am Cardio / Strength Beth	9:30 - 10:30 am BOSU & STEP (Panorama Hall) Freda	9:30 - 10:30 am Cardio / Strength Kristin	9:30 - 10:30 am (Panorama Hall) Freda 	9:30 - 10:30 am Step It Up Kristin	<b>Sunday</b>
9:30 - 10:30 am Laughter Yoga (Panorama Hall)	9:30 - 10:30 am Senior Walk & Weights (Track) Amber		9:30 - 10:30 am Senior Walk & Weights (Track) Amber	9:30 - 10:30 am Senior Stretch (Panorama Hall) Dianne	7:15 - 8:15 am Cycling Rob
10:35 - 11:30 am SilverSneakers I Muscular Strength (Panorama Hall) Sharon	10:35 - 11:30 am SilverSneakers II Cardio Circuit (Panorama Hall) Kelly	10:35 - 11:30 am SilverSneakers I Muscular Strength (Panorama Hall) Sharon	10:35 - 11:30 am SilverSneakers II Cardio Circuit (Panorama Hall) Kelly		8:20 - 9:20 am Freda BodyPump 
10:35 - 10:55 am Xtra Stretch Beth		10:35 - 10:55 am Xtra Stretch Kristin		10:35 - 10:55 am <b>All Abs</b> Kristin	
11:00 am - 12:00 pm Kristin 	10:45 - 11:45 am BodyPump Dolores 	11:00 am - 12:00 pm Kristin / Beth 	10:45 - 11:45 am Beth 	11:00 am - 12:00 pm Beth 	
12:00 - 1:00 pm Cycling Rob	12:00 - 1:00 pm Cycling Kristin		12:00 - 1:00 pm Cycling Rob	12:00 - 1:00 pm Fitball & Body Bar Jeannie	
2:00 - 3:00 pm Heather 					
5:15 - 6:15 pm Dolores 	5:15 - 6:15 pm Heather 	5:15 - 6:15 pm Dolores 	5:15 - 6:15 pm Dolores 		
6:20 - 7:20 pm Heather 	6:15 - 7:15 pm Cycling Dolores	6:20 - 7:20 pm Heather 	6:15 - 7:15 pm Freda 		
7:30 - 8:30 pm Yoga Fusion Dolores		7:30 - 8:30 pm Yoga Fusion Heather			
<b>Water Fitness</b>					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 - 9:00 am River Walk (Lazy River) Freda	8:00 - 9:00 am Fitness River (Lazy River) Teresa	8:00 - 9:00 am River Walk (Lazy River) Sara		8:00 - 9:00 am Fitness River (Lazy River) Teresa	8:00 - 9:00 am River Walk (Lazy River) Freda
9:00 - 10:00 am Aqua Fitness Freda	9:15 - 10:15 am Hydro Power Jeannie	9:00 - 10:00 am Aqua Fitness Freda	9:15 - 10:15 am Hydro Power Jeannie	9:00 - 10:00 am Aqua Fitness Sharon	<b>Sunday</b>
10:00 - 11:00 am Waterworks Bonnie		10:00 - 11:00 am Waterworks Bonnie		10:00 - 11:00 am <b>Tri Training</b> Rich	7:15 - 8:15 am <b>Tri Training</b> Rich



There is no need to register for these classes AND there are no additional fees for these classes in addition to what you pay at the front desk to use the recreation center.