



## AEROBICS ROOM SCHEDULE

### MONDAY

5:45-6:30am- BARRE

Instructor: Lisa Old

8:30-9:30am- Crossfire

Instructor: Elissa Douglass

9:30-10:30am- Stretch It

Instructor: Class-led

10:30-11:30am- Cardio Mix

Instructor: Bev Stevener

4:00-5:00pm- Kickboxing

Instructor: Bev Stevener

5:00-5:50pm- Step of Faith

Instructor: Kay Griffin

6:00-7:00pm- Zumba

Instructor: Mallory Whiffen

### TUESDAY

10:00-11:00am-Tai Chi

Instructor: Tim Wall

4:00-5:00pm- Zumba

Instructor: Bridgett Stephenson

5:00-6:00pm- BARRE

Instructor: Kay Griffin

6:00-7:00pm- Zumba

Instructor: Maria Gayton

### WEDNESDAY

5:45-6:30am- BARRE

Instructor: Lisa Old

8:30-9:30am- Crossfire

Instructor: Elissa Douglass

9:30-10:30am- Stretch It

Instructor: Class-led

10:30-11:30am- Cardio Mix

Instructor: Bev Stevener

5:00-5:50pm- BARRE

Instructor: Kay Griffin

6:00-7:00pm- Zumba

Instructor: Casey Castaneda

### THURSDAY

10:00-11:00am-Tai Chi

Instructor: Tim Wall

11:00-12:00pm- Line Dancing

Instructor: Norma Tatum

4:00-5:00pm- Zumba

Instructor: Bridgett Stephenson

5:00-6:00pm- Kickboxing

Instructor: Bev Stevener

6:00-7:00pm- Zumba

Instructor: Marilyn Clark

### FRIDAY

8:30-9:30am- Crossfire

Instructor: Elissa Douglass

9:30-10:30am- Stretch It

Instructor: Class-led

10:30-11:30am- Cardio Mix

Instructor: Bev Stevener

### SATURDAY

9:00-10:00- Zumba

Instructor: Maria Gayton



## MULTI-PURPOSE ROOM SCHEDULE

### MONDAY

**8:30-9:30am- Circuit Training**

**Instructor: Linda Harris**

**10:00-11:00am- PACE**

**Instructor: Brenda Freed**

**4:15-5:00pm- HIIT IT!**

**Instructor: Sarah Nothdurft**

**5:00-5:50pm- Fit At Five**

**Instructor: Dwayne Davis**

**6:00-7:15pm- Hard Core Yoga**

**Instructor: Elena Foresman**

### TUESDAY

**5:45-6:30am- Y Pump**

**Instructor: Lisa Old**

**9:00-9:30am- HIIT IT! (2<sup>nd</sup> half)**

**Instructor: Debbie Wilson**

**5:15-6:00pm- Y Pump**

**Instructor: Cindy Hart**

**6:00-7:00pm- Beginner Y Pump**

**Instructors: Kim Pierce and Carlean Dial**

### WEDNESDAY

**8:30-9:30am- Circuit Training**

**Instructor: Linda Harris**

**10:00-11:00am- PACE**

**Instructor: Brenda Freed**

**4:15-5:00pm- HIIT IT!**

**Instructor: Sarah Nothdurft**

**5:00-5:50pm- Fit At Five**

**Instructor: Dwayne Davis**

**6:00-7:15pm- Hard Core Yoga**

**Instructor: Elena Foresman**

### THURSDAY

**5:45-6:30am- Y Pump**

**Instructor: Lisa Old**

**9:00-9:30am- HIIT IT! (2<sup>nd</sup> half)**

**Instructor: Debbie Wilson**

**5:15-6:00pm- Y Pump**

**Instructor: Cindy Hart**

**6:00-7:00pm- Beginner Y Pump**

**Instructors: Kim Pierce and Carlean Dial**

### FRIDAY

**8:30-9:30am- Circuit Training**

**Instructor: Linda Harris**

### SATURDAY

**10:00-11:00am- Fit At Five**

**Instructor: Dwayne Davis**

### SUNDAY

**2:00-3:00pm- Y Pump**

**Instructor: Cindy Hart**



## SPINNING ROOM SCHEDULE

### MONDAY

**5:00-6:00am- Group Cycling**

**Instructor: John Klueppel**

**5:15-6:00pm- Group Cycling**

**Instructor: Sally Lape**

### TUESDAY

**8:30-9:00am- HIIT It (first half)**

**Instructor: Debbie Wilson**

### WEDNESDAY

**5:00-6:00am- Group Cycling**

**Instructor: John Klueppel**

**5:15-6:00pm- Group Cycling**

**Instructor: Sally Lape**

### TUESDAY

**8:30-9:00am- HIIT It (first half)**

**Instructor: Debbie Wilson**

### FRIDAY

**5:00-6:00am- Group Cycling**

**Instructor: John Klueppel**