



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Group Fitness: FALL Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior Fitness 8:30-9:15am Robin	Body Pump 5:15 – 6:15am Dawn G	Bootcamp 5:45-6:15 April	Body Pump 5:15 – 6:15am Dawn G	Senior Fitness 8:30-9:15am Robin	Body Pump 8:00 – 9:00am Rotation
Water Aerobics 9:00-10:00am Marge	Water Aerobics 9:00-10:00am Marge	Senior Fitness 8:30-9:15am Robin	Water Aerobics 9:00-10:00am Irene	Water Aerobics 9:00-10:00am Rotation	
Cardio & Strength 9:20-10:00am Amanda	Silver Sneakers 10:30-11:15am Lynda	Water Aerobics 9:00-10:00am Irene	Silver Sneakers 10:30-11:15am Lynda	Lunch Crunch 12:00-12:30pm Rotation Start Sept.8	
Lunch Crunch 12-12:30pm Kara	Lunch Crunch 12-12:30pm Amanda	Vinyasa Yoga 9:25-10:15am Angel	Lunch Crunch 12:00-12:30pm Amanda	<b>Beginner Strength : Free Registration required Mondays/Wednesdays at 11:30 with Tammi</b>	
Vin – Yin Yoga 4:15- 5:05pm Angel	Body Pump 5:30 – 6:30pm Tina	Intermediate Strength 10:30-11:30a Registration required Kara	Body Pump 5:15 – 6:00pm Tina		
Full Body Workout 5:30-6:15pm Becky	Cycling 5:30-6:30 Bobby/TBD	Lunch Crunch 12:00-12:30 pm Kara	Cycling 5:30-6:30 Bobby/TBD		
		Zumba 5:15-6:00 pm Andrea	Pound 6:05-7:05 pm Candace		
		Full Body Workout 6:05-6:35pm Becky			