

Fitness Center Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
470001-A 5:45-6:45 a.m. Spin w/ Deb	470012-B 5:35-6:20 a.m. Hardcore Boot Camp w/ Jerry *Gym	470001-A 5:45-6:45 a.m. Spin w/ Ron	470012-C 5:35-6:20 a.m. Boot Camp w/ Jerry *Gym	470001-A 5:45-6:45 a.m. Spin w/ Deb	470020-D 7-7:45 a.m. Work the Circuit w/ Jodi	470019-B 8:30-9:30 a.m. Yoga Tune Up w/ Helen
470003-A 7-8 a.m. Fitness Walking w/ Ron	470001-D 6:30-7:30 a.m. Spin w/ Ron	470025-C 7-8 a.m. All Levels Yoga w/ Bill	470001-D 6:30-7:30 a.m. Spin w/ Ron	470014-C 9-10 a.m. Functional Strength w/ Jodi	470001-C 8-9 a.m. Spin w/ Ron	
470076-A 9-9:30 a.m. TRX w/ Diego *Gym	470022-B 10:00-10:45 a.m. Silver Sneakers Yoga w/ Mandy *Comm.RM	470003-B 7-8 a.m. Fitness Walking w/ Ron	470020-C 9:15-10 a.m. Work the Circuit w/ Mandy	470037-C 9:45-10:45 a.m. Water Fitness w/ Lizzie	470026-A 9:30-10:45 a.m. Power Yoga I w/ Sharon	
470032-B 9-10 a.m. Salsa Fit w/ Kelly	470041-A 10:45-11:30 a.m. Aqua Therapy w/ Dorinda	470075-A 9-9:30 a.m. Kettlebells w/ Jess *Gym	470019-A 10:15-11:15 a.m. Yoga Tune Up w/ Helen	470046-B 10:15-11:15 a.m. Gentle Yoga w/ Sharon		
470037-A 9:45-10:45 a.m. Water Fitness w/ Lizzie	470028-B 10:50-11:50 a.m. Pilates w/ Props w/ Deb G.	470032-A 9-10 a.m. Salsa Fit w/ Kelly	470022-A 10:30-11:15 p.m. Silver Sneakers Yoga *Comm.RM	470067-A 11-11:45 a.m. Silver Sneakers Splash w/ Lizzie	470011-B 12-1 p.m. Youth Strength Training w/ Conor	
470014-B 10:20-11:20 a.m. Functional Strength w/ Jodi	470041-B 11:35 a.m.-12:20 p.m. Aqua Therapy w/ Dorinda	470037-B 9:45-10:45 a.m. Water Fitness w/ Lizzie	470041-A 10:45-11:30 a.m. Aqua Therapy w/ Dorinda	470015-C 12-12:45 p.m. Silver Sneakers Classic w/ Lizzie *Comm.RM		
470008-A 11-11:45 a.m. Silver Sneakers Cardio Circuit w/ Lizzie *Comm.RM	470021-A 12-12:45 p.m. Yoga Core w/ Sharon	470046-A 10:30-11:30 a.m. Gentle Yoga w/ Sharon	470008-B 11:20 a.m.-12:05 p.m. Silver Sneakers Circuit w/ Mandy *Comm.RM			
470015-A 12-12:45 p.m. Silver Sneakers Classic w/ Lizzie *Comm.RM	470017-A 12:15-12:45 p.m. MCC Mini Pump w/ Jodi *Gym	470015-B 12-12:45 p.m. Silver Sneakers Classic w/ Lizzie *Comm.RM	470041-B 11:35-12:20 p.m. Aqua Therapy w/ Dorinda			
470075-B 12:15-12:45 p.m. Kettlebells w/ Jess *Gym	470011-A 3-4 p.m. Teen Strength Training w/ Conor	470027-B 12-1 p.m. Intermediate Pilates w/ Deb G.	470017-B 12:15-12:45 p.m. MCC Mini Pump w/ Jodi *Gym			
470074-A 12:45-1:15 p.m. Kettlebell Basics w/ Jess *Gym	470001-B 5-6 p.m. Spin w/ Deb	470071-A 1-1:45 p.m. Chair Yoga w/ Nancy *Comm.RM				
470066-A 2-2:45 p.m. Aqua Arthritis w/ Lizzie		470066-B 2-2:45 p.m. Aqua Arthritis w/ Lizzie		470005-A 5:30-6:15 p.m. Ability Fitness w/ Mandy		
		470033-A 4-5p.m. Pilates for Teens w/ Deb G.				
470047-A 4:15-5:15 p.m. Spring Into Pilates w/ Margherita	470025-B 6:15-7:15 p.m. All Levels Yoga w/ Marissa	470055-A 5:20-6:20 p.m. Corefusion w/ Dorinda	470028-A 4:15-5:15 p.m. Pilates Mat w/ Props w/ Deb G.			
470073-B 5:30-6:15 p.m. TRX Pump w/ Mandy *Gym	470060-A 7:30-8:30 p.m. BollyX w/ Meha	470012-A 6:30-7:15 p.m. Boot Camp w/ Jerry	470051-A 5:30-6 p.m. Core Express w/ Mandy			
470024-B 5:30-6:30 p.m. All Levels Yin/Yang Yoga w/ Sharon		470036-B 6:30-7:30 p.m. Aqua Power w/ Diego	470014-A 6:05-6:50 p.m. Functional Strength w/ Mandy			
470077-A 6:20-7:05 p.m. Cardio Kickboxing w/ Mandy *Gym			470029-A 6-7:15 p.m. First Year Tai Chi w/ George *Comm.RM			
470036-A 6:30-7:30 p.m. Aqua Power w/ Diego			470030-A 7:30-8:45 p.m. Cont.Tai Chi w/ George *Comm.RM			

Spring 2016

Session Begins
Monday, April 4th
and ends
Sunday, June 19th

Child care is open for children
ages 1-7 during these classes
marked with 