



**RECREATION
CENTER**

FITNESS SPRING SCHEDULE - updated 4/19/17
Spring 2017 *Classes are for 14+ unless otherwise noted*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	PROGRAM STUDIO	PROGRAM STUDIO	BULLDOG COURT	PROGRAM STUDIO	BULLDOG COURT	PROGRAM STUDIO
5:00AM	RIP Allison					
6:00AM	RIP Allison	POWER YOGA Marin	ZUMBA Alisa	PILATES Heather	ZUMBA SENTAO Alisa	
7:00AM						YOGA Chenae
8:00AM	PILATES Heather	R.I.P.P.E.D. Tawny G		R.I.P.P.E.D. Tawny G	BARRE Alicia	PIYO Brynne
9:00AM	POWER YOGA Heather	HIGH FIT Sheree		GENTLE VINYASA Melanie	HIGH FIT Loriee	BARRE Alicia
10:00AM	ZUMBA GOLD Colleen	PILATES Heather	ZUMBA GOLD Colleen	PILATES Stacy	ZUMBA GOLD Jamee	YOGA Cindy
11:00AM	YOGA KIDS (ages 4-14) Kate/Cindy	SILVER SNEAKERS Alice		YOGA KIDS (ages 4-14) Cindy/Maria	SILVER SNEAKERS YOGA Alice	ZUMBA KIDS JR (ages 4-7) Tui/Alisa
12:00PM	BARRE Alicia		BARRE Alicia			
4:00PM		ZUMBA KIDS JR (ages 4-7) Jodi/Amanda	ZUMBA KIDS (ages 8-14) Alisa/Kathy	ZUMBA KIDS JR (ages 4-7) Jodi/Amanda	ZUMBA KIDS (ages 8-14) Alisa/Kathy	
5:00PM	HIGH FIT Sheree	BARRE Lindsay	HIGH FIT Vicki	BARRE Lindsay		
6:00PM	U-JAM Kim	P90X Felisha	U-JAM Ashely	MODIFIED YOGA Maria		
7:00PM		METABOLIC RESISTANCE TRAINING Bill		ZUMBA TONING/ SENTAO Alisa		
8:00PM	8:30PM POWER YOGA Cindy	ZUMBA Triana	8:30PM YOGA Marin	ZUMBA Triana		



FITNESS SPRING SCHEDULE - UPSTAIRS

Classes are for 14+ unless otherwise noted

	MONDAY			TUESDAY			WEDNESDAY			THURSDAY		FRIDAY		SATURDAY	
	FITNESS STUDIO	SPIN STUDIO	SYNERGY 360	FITNESS STUDIO	SPIN STUDIO	FITNESS STUDIO	SPIN STUDIO	SYNERGY 360	FITNESS STUDIO	SPIN STUDIO	FITNESS STUDIO	SPIN STUDIO	FITNESS STUDIO	SPIN STUDIO	
5:00AM				RIP Amy T					RIP Amy T						
6:00AM	STRONG BY ZUMBA Alisa	CYCLE ZONE Amy	BOOT FIT Lauren	RIP Amy T	CYCLE Andrea	RIP Amy W	CYCLE Brittany	BOOT FIT Lauren	RIP Amy T	CYCLE Andrea	RIP Kara	CYCLE Amy W	5:50AM RIP Allison		
7:00AM													ZUMBA TONING Alisa	CYCLE Adrienne	
8:00AM	RIP Julie			MODIFIED YOGA Melissa		RIP Julie			MODIFIED YOGA Melissa		RIP Julie		RIP Lauren		
9:00AM	ZUMBA Triana	CYCLE Marin		RIP Brittany	CYCLE Lauren	ZUMBA Triana	CYCLE Natalie		KICK IT Stacy	CYCLE Brittany	U-JAM Nicole	CYCLE Josse	ZUMBA STEP Lindsay		
10:00AM	PUMP Natalie			ZUMBA Stephanie		PUMP Erin			RIP Kara		YOGA Delene		INSANITY Heather		
11:00AM	ADAPTIVE YOGA Krista					ADAPTIVE YOGA Kyra					ZUMBA Marquita				
5:00PM	MODIFIED YOGA Shawn			RIP Drew		MODIFIED YOGA Shawn			RIP Drew						
6:00PM	INSANITY Felisha	CYCLE Amy D		MODIFIED YOGA Cindy	CYCLE Drew	P90X Felisha	CYCLE Amy D		U-JAM Ashley	CYCLE Drew					
7:00PM	ZUMBA Betzabe		METABOLIC RESISTANCE TRAINING Bill	KICK IT Kristy	CYCLE Lacee	ZUMBA Betzabe		METABOLIC RESISTANCE TRAINING Bill	METABOLIC RESISTANCE TRAINING Bill	CYCLE Maddy					
8:00PM	ZUMBA Colleen			RIP Drew			ZUMBA Colleen			INSANITY Felisha					
9:00PM				PIYO Maria		ZUMBA STEP Lindsay			PIYO Felisha						