

# FITNESS SUMMER SCHEDULE - updated 7/17/18

Classes are for 14+ unless otherwise noted



	MONDAY					TUESDAY						WEDNESDAY				
	PROGRAM STUDIO	FITNESS STUDIO	SPIN STUDIO	WATER AEROBICS	PEAKS ICE ARENA	PROGRAM STUDIO	FITNESS STUDIO	SPIN STUDIO	WATER AEROBICS	OUTDOOR	PEAKS ICE ARENA	PROGRAM STUDIO	FITNESS STUDIO	SPIN STUDIO	WATER AEROBICS	PEAKS ICE ARENA
5:00AM		RIP Lauren					RIP Kellie									
6:00AM	RIP Lauren	ZUMBA TONING Alisa	CYCLE ZONE Amy		FIELD HOUSE FITNESS Spencer	POWER YOGA Chenae	RIP Lindsey	CYCLE Andrea	AQUAZUMBA* Amanda		FIELD HOUSE FITNESS Lauren	ZUMBA Alisa	RIP Amy W	CYCLE Becky	SHALLOW WATER* Alice	FIELD HOUSE FITNESS Amy T
7:00AM				SHALLOW WATER* Bonnie				CYCLE Stacey	DEEP WATER** Lorraine						SHALLOW WATER* Alice	
8:00AM	HIGH FIT Lexi	RIP Julie		DEEP WATER** Lorraine					AQUAZUMBA*** Sariah	VINYASA FLOW YOGA Melissa BOOTCAMP Rachel			RIP Julie		DEEP WATER** Lorraine	
8:10AM				SENIOR WELLNESS* Bonnie											SENIOR WELLNESS* Bonnie	
9:00AM	POWER YOGA Heather	ZUMBA Triana	CYCLE Marin		FIELD HOUSE FITNESS Maria	ZUMBA Jamee	RIP Brittany	CYCLE Lauren		ZUMBA KIDS* (ages 4-7) Jodi		GENTLE VINYASA Melanie	ZUMBA Triana	CYCLE Natalie		FIELD HOUSE FITNESS Lindsey
10:00AM	ZUMBA GOLD Colleen	PUMP Heather				PILATES Tonia	HIGH FIT Sheree			ZUMBA KIDS* (ages 8-13) Alisa		ZUMBA GOLD Colleen	PUMP Kellie			
11:00AM	YOGA KIDS* (ages 4-14) Maria/Amy	RESTORATIVE YOGA Melanie				SILVER SNEAKERS Alice			MASTERS SWIM*** Shawn			YOGA KIDS* (ages 4-14) Maria/Amy	RESTORATIVE YOGA Melanie			
12:00PM	BARRE Alicia			AQUAZUMBA** Kathy V SENIORS/ SHALLOW* Lorraine					SENIORS/ SHALLOW* Lorraine			BARRE Alicia			AQUAZUMBA** Kathy V SENIORS/ SHALLOW* Emily	
4:00PM							HIGH FIT Lily									
5:00PM	YOGA Shawn	HIGH FIT Sheree					PUMP Drew					YOGA Shawn	HIGH FIT Vicki			
6:00PM	U-JAM Kim	INSANITY Felisha	CYCLE Amy D			MODIFIED YOGA Cindy	ZUMBA STEP Lindsay	CYCLE Drew				INSANITY Duffy	PUMP Abby	CYCLE Amy D		
7:00PM	BARRE Lindsay	ZUMBA Betzabe		MASTERS SWIM*** Kent	FIELD HOUSE FITNESS Elise	TURBO KICK Kristy	RIP Drew				FIELD HOUSE FITNESS William	BARRE Lindsay	ZUMBA Betzabe		MASTERS SWIM*** Jeff	FIELD HOUSE FITNESS Elisa
8:00PM	8:30PM POWER YOGA Cindy	ZUMBA Colleen		SHALLOW WATER*** Emily			ZUMBA Jen		AQUAZUMBA** Alisa			8:30PM YOGA Marin	ZUMBA Colleen		SHALLOW WATER* Kaela	
9:00PM							PIYO Maria									

WATER AEROBICS LOCATIONS \*Programs Pool | \*\*Deep Water Pool | \*\*\*Competition Pool | \*\*\*\*Outdoor Pool

★KIDS CLASSES RUN JUNE 5-JULY 28

# FITNESS SUMMER SCHEDULE

Classes are for 14+ unless otherwise noted

	THURSDAY						FRIDAY					SATURDAY				
	PROGRAM STUDIO	FITNESS STUDIO	SPIN STUDIO	WATER AEROBICS	OUTDOOR	PEAKS ICE ARENA	PROGRAM STUDIO	FITNESS STUDIO	SPIN STUDIO	WATER AEROBICS	PEAKS ICE ARENA	PROGRAM STUDIO	FITNESS STUDIO	SPIN STUDIO	WATER AEROBICS	PEAKS ICE ARENA
5:00AM		RIP Amy T														
6:00AM	PILATES Heather	RIP Lindsey	CYCLE Andrea	SHALLOW* Alice		FIELD HOUSE FITNESS Spencer	ZUMBA SENTAO Alisa	RIP Kara	CYCLE Amy W		FIELD HOUSE FITNESS Lindsay	6:30AM YOGA Chenae	5:50AM RIP Kellie			
7:00AM				DEEP WATER** Lorraine						SHALLOW WATER* Felicia			ZUMBA TONING Alisa	CYCLE Adrienne	AQUA NINJAS** Bonnie/Emily	
8:00AM	RIP Kara			AQUAZUMBA**** Alisa	VINYASA FLOW YOGA Melissa  BOOTCAMP Rachel		BARRE Alicia	RIP Julie		DEEP WATER** Felicia		PIYO Brynee	RIP Lauren		DEEP WATER** Alice/Emily	
8:10AM										SENIOR WELLNESS* Bonnie						
9:00AM	KICK IT Stacy	HIGH FIT Vicki	CYCLE Brittany		ZUMBA KIDS★ (ages 4-7) Jodi		U-JAM Nicole	HIGH FIT Loriee	CYCLE Lacee		FIELD HOUSE FITNESS Rachel	BARRE Alicia	ZUMBA STEP Lindsay		AQUAZUMBA*** Alisa	FIELD HOUSE FITNESS Spencer
10:00AM	PILATES Stacy	ZUMBA Jacob			ZUMBA KIDS★ (ages 8-13) Alisa		ZUMBA GOLD Jodi	YOGA Delene				ZUMBA KIDS JR (ages 4-7) Tui/Alisa	INSANITY Rachel			
11:00AM	SILVER SNEAKERS Alice	U-JAM Ashley		MASTERS SWIM**** Shawn			SILVER SNEAKERS Alice	ZUMBA Marquita		MASTERS SWIM**** Shawn		U-JAM Ashley	YOGA Cindy			
12:00PM				SENIORS/ SHALLOW* Lorraine						AQUAZUMBA*** Sariah  SENIORS/ COMBO* Alice						
4:00PM		HIGH FIT Amy														
5:00PM		PUMP Drew														
6:00PM	YOGA Maria	RIP Desree	CYCLE Drew													
7:00PM	U-JAM Katie	ZUMBA TONING Alisa				FIELD HOUSE FITNESS William										
8:00PM		ZUMBA Jen		AQUAZUMBA** Amanda												
9:00PM		YOGA Karen														

WATER AEROBICS LOCATIONS \*Programs Pool | \*\*Deep Water Pool | \*\*\*Competition Pool | \*\*\*\*Outdoor Pool

★KIDS CLASSES RUN JUNE 5-JULY 28