

# FITNESS WINTER SCHEDULE - updated 2/13/19

Classes are for 14+ unless otherwise noted



	MONDAY					TUESDAY					WEDNESDAY				
	PROGRAM STUDIO	FITNESS STUDIO	SPIN STUDIO	WATER AEROBICS	THE FIELDHOUSE	PROGRAM STUDIO	FITNESS STUDIO	SPIN STUDIO	WATER AEROBICS	THE FIELDHOUSE	PROGRAM STUDIO	FITNESS STUDIO	SPIN STUDIO	WATER AEROBICS	THE FIELDHOUSE
5:00AM		RIP Kellie					RIP Kellie								
6:00AM	RIP Lauren	ZUMBA TONING Alisa	CYCLE ZONE Amy		FIELDHOUSE FITNESS Spencer	POWER YOGA Chenae	RIP Lindsey	CYCLE Andrea	AQUA ZUMBA* Amanda	WEIGHT TRAINING Spencer	ZUMBA Alisa	RIP Amy W	CYCLE Becky	SHALLOW WATER* Alice	TRX HIIT & MOBILITY Lindsey
7:00AM				SHALLOW WATER* Shirleen				CYCLE Stacey	DEEP WATER** Lorraine					SHALLOW WATER* Alice	
8:00AM	HIGH FIT Lily	RIP Julie		DEEP WATER** Lorraine			VINYASA FLOW Emily					RIP Julie		DEEP WATER** Lorraine	
8:10AM				SENIOR WELLNESS* Katie Beth										SENIOR WELLNESS* Katie Beth	
9:00AM	POWER YOGA Heather	ZUMBA Triana	CYCLE Marin		FIELDHOUSE FITNESS Maria	ZUMBA Jamee	RIP Brittany	CYCLE Lauren	MASTERS SWIM*** Sierra	30HIIT 30 WEIGHTS Rachel	GENTLE VINYASA DeLene	ZUMBA Elaine	CYCLE Natalie		WEIGHT TRAINING Rachelle
10:00AM	ZUMBA GOLD Tiffany	PUMP Heather				PILATES Tonia	HIGH FIT Loni				ZUMBA GOLD Liz	PUMP Kellie			
11:00AM	YOGA KIDS (ages 4-14)	RESTORATIVE YOGA Kat				SILVER SNEAKERS Alice			AQUA ZUMBA***		YOGA KIDS (ages 4-14) Maria	RESTORATIVE YOGA DeLene			
12:00PM	BARRE Alicia			AQUA ZUMBA*** Jodi SENIORS/ SHALLOW* Lorraine					SENIORS/ DEEP** Lorraine		BARRE Alicia			AQUA ZUMBA*** Jodi SENIORS/ SHALLOW* Emily	
4:00PM						KIDS ZUMBA JR Alisa	HIGH FIT Lily				YOGA KIDS Maria				
5:00PM	YOGA Shawn	HIGH FIT Lexi				KIDS ZUMBA SR Alisa	PUMP Drew				YOGA Shawn	HIGH FIT Vicki			
6:00PM	U-JAM Kim	INSANITY Felisha	CYCLE Abby		TRX PLUS Elise	SHORT PRIMARY SERIES YOGA Cindy	ZUMBA STEP Lindsay	CYCLE Drew		OLYMPIC STYLE WEIGHT LIFTING Mike	PIYO Kristen	PUMP Abby	CYCLE Rachelle		FIELDHOUSE FITNESS Lexie
7:00PM	BARRE Lindsay	ZUMBA Betzabe		MASTERS SWIM*** Sierra	WEIGHT TRAINING Elise	TURBO KICK Kristy	RIP Drew	CYCLE Chris		MRT Bill	BARRE Lindsay	ZUMBA Betzabe		MASTERS SWIM*** Sierra	WEIGHT TRAINING Jenessa
8:00PM	8:30PM POWER YOGA Cindy	HIGH FITNESS Adrienne/ Lorrie		SHALLOW WATER** Stella			ZUMBA Jen		AQUA ZUMBA*** Alisa		INSANITY Elise	8:30PM VINYASA FLOW Marin		SHALLOW WATER* Kaela	
9:00PM							PIYO Maria								

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

THE FIELDHOUSE | Located at the Peaks Ice Arena (100 N Seven Peaks Blvd). Classes included with the Triple Play Membership

# FITNESS WINTER SCHEDULE

Classes are for 14+ unless otherwise noted

	THURSDAY					FRIDAY					SATURDAY				
	PROGRAM STUDIO	FITNESS STUDIO	SPIN STUDIO	WATER AEROBICS	THE FIELDHOUSE	PROGRAM STUDIO	FITNESS STUDIO	SPIN STUDIO	WATER AEROBICS	THE FIELDHOUSE	PROGRAM STUDIO	FITNESS STUDIO	SPIN STUDIO	WATER AEROBICS	THE FIELDHOUSE
5:00AM		RIP Kellie													
6:00AM	PILATES Heather	RIP Lindsey	CYCLE Andrea	AQUA ZUMBA* Alice	WEIGHT TRAINING Hannah	ZUMBA SENTAO Alisa	RIP Kara	CYCLE Amy W		FIELDHOUSE FITNESS Lindsey	6:30AM YOGA Chenae	5:50AM RIP Kellie			
7:00AM			CYCLE Heather	DEEP WATER** Lorraine					SHALLOW WATER* Brianna			ZUMBA TONING Alisa	CYCLE Adrienne	AQUA NINJAS** Stella/Brianna/Alice	
8:00AM	RIP Kara	VINYASA FLOW Lindsay				BARRE Alicia	RIP Julie		DEEP WATER** Katie Beth		HIGH FITNESS Rotating	RIP Lauren		AQUA FIT** Stella	
8:10AM									SENIOR WELLNESS* Brianna						
9:00AM	KICK IT Kellie	HIGH FIT Vicki	CYCLE Brittany	MASTERS SWIM*** Sierra	FIELDHOUSE FITNESS Rachel	U-JAM Nicole	HIGH FIT Lorilee	CYCLE Lacee	MASTERS SWIM*** Sierra	FIELDHOUSE FITNESS Hannah	BARRE Alicia	ZUMBA STEP Lindsay	CYCLE Becky	AQUA ZUMBA*** Alisa	FIELDHOUSE FITNESS Spencer
10:00AM	PILATES Lisa	ZUMBA Jacob				ZUMBA GOLD Shelly	VINYASA FLOW Delene				ZUMBA Tui	INSANITY Rachel			
11:00AM	SILVER SNEAKERS Alice			AQUA ZUMBA***		SILVER SNEAKERS YOGA Alice	ZUMBA Stacy				U-JAM Ashley	YOGA Cindy			
12:00PM				SENIORS/ DEEP** Lorraine					AQUA ZUMBA*** Sariah		KIDS ZUMBA Tui				
									SENIORS/ COMBO* Alice						
4:00PM	KIDS ZUMBA JR Alisa/Jodi	HIGH FIT Amy													
5:00PM	KIDS ZUMBA SR Alisa	PUMP Drew													
6:00PM	YOGA Maria	RIP Ellen	CYCLE Drew		OLYMPIC STYLE WEIGHT LIFTING Mike										
7:00PM	U-JAM Katie	ZUMBA TONING Alisa	CYCLE Chris		MRT Bill										
8:00PM		ZUMBA Jen		AQUA ZUMBA*** Amanda											
9:00PM		YOGA Karen													

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

THE FIELDHOUSE | Located at the Peaks Ice Arena (100 N Seven Peaks Blvd). Classes included with the Triple Play Membership