



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

AT GYM WINTER FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Total Body Boot Camp Sally 5:45-6:30am	Strength and Resistance Sheri 5:30-6:15am	Total Body Boot Camp Angie 5:45-6:30am	Strength and Resistance Sheri 5:30-6:15am	Total Body Boot Camp Angie 5:45-6:30am	TRX/Kettlebell Combo 7:00-7:45am
Kettlebell 6:35-7:05am	TRX 6:30-7:00am	Kettlebell 6:35-7:05am	TRX 6:30-7:00am	Maximum Threshold 6:30-7:00am TRX/Kettlebell Combo 7:00-7:45am	Zumba Rotation 8:00-9:00am
Simply Balance Dana 7:15-8:00am	Senior Walk Mary 7:30-8:00am	Simply Balance Dana 7:15-8:00am	Senior Walk Mary 7:30-8:00am	Zumba Jessica 8:00-9:00am	Step 9:00-10:00am
Zumba Anna 8:00-9:00am	Silver Sneakers Mary 8:00-8:50am	Zumba Jessica 8:00-9:00am	Silver Sneakers Mary 8:00-8:50am	Total Cardio Kristina 9:00-10:00am	
Total Cardio Kristina 9:00-10:00am	Step Laura 9:00-10:15am	Total Cardio Errah 9:00-10:00am	Step Laura 9:00-10:15am	Core Conditioning Kristina 10:00-10:30am	
Core Conditioning Kristina 10:00-10:45am		Core Conditioning Errah 10:00-10:45am		Zumba Gold Pat 10:30-11:15am	
Zumba Gold Alice 11:00-11:45am	TRX 11:30-Noon	Zumba Gold Alice 11:00-11:45am	TRX 11:30-Noon		
Zumba Anna 12:00-12:45pm	Zumba Nikki 12:00-1:00pm	Zumba Anna 12:00-12:45pm	Zumba Nikki 12:00-1:00pm	Zumba Nikki 12:00-1:00pm	
Zumba Toning Wendy L 4:15-5:10pm		Zumba Casandra 5:15-6:10pm	ZumbAtomic Alice 4:30-5:00pm		
Zumba Michelle 5:15-6:10pm	Total Body Bootcamp Brittany 5:30-6:30pm	Zumba Nikki 6:15-7:15pm	Total Body Bootcamp Linda K 5:30-6:30pm	Zumba Wendy 5:30-6:30pm	
Zumba Nikki 6:15-7:15pm	Twistnastics 7:00-8:00pm				