

**Group Fitness Class Schedule - Classes subject to change without notice.**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 AM	Stations Amanda/Heather/ Shannan (Gym)	Indoor Cycling Kristina Mills (Fitness Room)	Cardio Kick Boxing Joy Garner (Fitness Room)	Indoor Cycling Brad Bishop (Fitness Room)	Indoor Cycling Kristina Mills (Fitness Room)	7:45 AM Indoor Cycling Brad Bishop
5:15 AM		Run Penny Clayton (Outside)	Strength/Cardio Shannan (Gym)	Run Penny Clayton (Outside)	Strength/Bosu Jobie Meunier (Gym)	
7:00 AM		Cardio Kickboxing Jennifer Sherlock			Cardio Kickboxing Jennifer Sherlock	
8:00 AM	Seniors - Toning Penny Clayton (CLC courts)		Senior Cardio Carole/Lori (Gym)		Seniors - Toning Carole/Larrie (CLC courts)	9:15 AM Christian Yoga Rachel/Jody (Fitness Room)
9:30 AM	Step Aerobics Deb Hendricks (Fitness Room)	Toning/Cardio Jobie Meunier (Fitness Room)	Step/Circuit Angie Spivey (Fitness Room)	Body Gospel Linda Tanella (Fitness Room)	Strength Stations Terri Gootee (Fitness Room)	
10:45 AM				Toning (Fitness Room) Marcy Rinear	1PM Core & More Wrights Gymnastics Penny Clayton Closed	10:30 AM Toning Class Lori /Leigh (Fitness Room)
4:45 PM		5:00 - 5:30 PM Abs & More Renee Netter (Fitness Room)	Indoor Cycling Missy Lindsay (Fitness Room)			
5:45 PM	Strength Penny Clayton (Fitness Room)	Step Aerobics Valerie Messer (Fitness Room)	Strength Missy Liindsay (Fitness Room)	Christian Yoga Rachel Johnson (Fitness Room)		
6:45PM	Indoor Cycling Penny Clayton (Fitness Room)	Christian Yoga Rachel Johnson (Fitness Room)	Step Aerobics Patty Green (Fitness Room)	Toning Lori Davis (Fitness Room)		

Boxes filled with yellow - require a sign-up. Please ask for more information at the Control Desk. Schedule Starting July 12.