





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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 AM	Stations Heather/Shannan/ Joni/Norma (Fitness Room)	Indoor Cycling Kristina Mills (Fitness Room)	Strength/Cardio Kristina Mills (Fitness Room)	Indoor Cycling Greg Thompson (Fitness Room)	Core & More Kris Ritter (Fitness Room)	7:30 AM Indoor Cycling Brad Bishop (Fitness Room)
8:00 AM					Cardio Kickbox Jenn Sherlock (Fitness Room)	
9:00 AM	Seniors - Toning Larrie/Carole (Gym)		Senior Cardio Carole/Lori (Gym)		Seniors - Toning Carole/Larrie (Gym)	9:15 Christian Yoga Rachel/Jody (Fitness Room)
9:30AM	Step Aerobics Deb Hendricks (Fitness Room)	Pilates & More Jenny Staats (Fitness Room)	Step Circuit Angie Spivey (Fitness Room)	Indoor Cycling Missy Lindsay (Fitness Room)	Strength Stations Terri Gootee (Fitness Room)	
10:30 AM	10:15 Drumming Lori Johnson (Gym)				10:15 Drumming Lori Johnson (Gym)	 Katlyn Dorman
10:45 AM			 Breghan Albers	Toning Marcy Rinear (Fitness Room)	 Jessica Couch	
4:45 PM	4:30PM Indoor Cycling Greg Thompson (Fitness Room)		4:45PM Indoor Cycling Missy Lyndsay (Fitness Room)			
5:45 PM	Strength Missy Lindsay (Fitness Room)	Step Aerobics Valerie Messer (Fitness Room)	Strength Missy Lindsay (Fitness Room)	6:00 PM  Breghan Albers		
6:45 PM	Indoor Cycling Ray Davis (Fitness Room)	Christian Yoga Rachel Johnson (Fitness Room)	Christian Yoga Jody Clapper (Fitness Room)	7:00PM Indoor Cycle Lori Davis (Fitness Room)		
8:00 PM		 Katlyn Dorman				

Boxes filled with yellow - require a sign-up. Please ask for more information at the Control Desk. Schedule Starting January 9.