

# CHOOSE TO LOSE CLASSES

<u>Monday/Wednesday</u>		
Fitness Walking	8:15-9am	Kathy
	Outside	
Fitness Fighters	8-8:45am	Kevin
	Outside/Sr Gym	
Baby & Me Fitness	8-8:45am	Anna
	Aerobic Rm	
Focus On Weights	9-9:45am	Kevin
	Aerobic Rm	
Fitness Over 50 *	9-10am	Carol
	Jr Gym	
Body Sculpt*	10-10:45am	Linda
	Aerobic Rm	
Pickleball	10-12pm	Kevin
	Sr Gym	Volunteer
BOSU	12-12:30pm	Linda
	Aerobic Rm	
Pilates *	12:45-1:15pm	Linda
	Aerobic Rm	
WalkieTalkie	12:15-1pm	Caroline
	Outside/Sr Gym	
Noon Mixer Hydroaerobics	12-12:30pm	Pool Staff
	Pool	
Zumba	3:30-4:15pm	Blake
	Aerobic Rm	
Women & Weights	4:30-5:15pm	Samantha
	Weight Rm	
BOSU	4:30-5pm	Mike
	Aerobic Rm	
AB Express*	5-5:15pm	Aaron
	Aerobic Rm	
Hydroaerobics	5:30-6:15pm	Amanda
	Pool	
Grab Bag	5:30-6pm	Caroline
Kettle bells, bosu, steps	Jr Gym	
Cardio Circuit	6:15-7pm	Mike
	Jr Gym	
CardioKickbox*	7-7:45pm	Caroline/Aaron
	Jr Gym	

<u>Tuesday/Thursday</u>		
Fitness Fighters	7:30-8:30am	Danny
	Outside/Sr Gym	
Zumba	8-8:45am	Samantha
	Aerobic Rm	
Grab Bag	9-9:45am	Kathy
	Sr Gym	
CardioKickbox*	9-9:45am	Samantha
	Jr Gym	
BOSU	10:30-11am	Linda
	Aerobic Rm	
Women & Weights	11-11:45am	Samantha
	Weight Room	
Tennis Cardio	11:15-12 pm	Danny
	Tennis Center	
Noon Mixer Hydroaerobics	12-12:30pm	Pool Staff
	Pool	
Volleyball	2-3pm	Linda
	Sr Gym	
BOSU	3:30-4pm	Marques
	Aerobic Rm	
Ab Express*	4-4:15pm	Marques
	Aerobic Rm	
BOSU	4:30-5pm	Mike
	Aerobic Rm	
BOSU	5:30-6pm	Mike
	Aerobic Rm	
Fitness Fighters	5:30-6:30pm	Marques
	Outside	
Cardio Circuit	6:15-7pm	Mike
	MBI	
Zumba	7-7:45pm	Caroline
	Aerobic Rm	
Off the Deep End	7-7:45pm	Amanda
	Pool	



# CHOOSE TO LOSE CLASSES

Friday						
Fitness Walking	8:15-9am	Kathy		Pilates *	12:45-1:15pm	Linda
	Outside				Aerobic Rm	
Fitness Fighters	8-8:45am	Kevin		Zumba	3:30-4:15pm	Blake
	Outside/Sr Gym				Aerobic Rm	
Baby & Me Fitness	8-8:45am	Anna		Women & Weights	4:30-5:15pm	Samantha
	Aerobic Rm				Weight Rm	
Focus On Weights	9-9:45am	Kevin		BOSU	4:30-5pm	Aaron
	Aerobic Rm				Aerobic Rm	
Fitness Over 50 *	9-10am	Carol		AB Express*	5-5:15pm	Aaron
	Jr Gym				Aerobic Rm	
Body Sculpt*	10-10:45am	Linda		Hydroaerobics	5:30-6:15pm	Amanda
	Aerobic Rm				Pool	
Pickleball	10-12pm	Kevin		Kettle bells	6-6:45pm	Marques
	Sr Gym	Volunteer			Aerobic Rm	
BOSU	12-12:30pm	Linda				
	Aerobic Rm					

Presenting Sponsor



Please support our Sponsors!

\* Please bring your own exercise mat to these classes. Gloves should be used in kickboxing classes.