

## FITNESS CLASS SCHEDULE - LAKEFRONT BRANCH

| CARDIO, STRENGTH AND TONING | DAY      | TIMES         | INSTRUCTOR    | LOCATION        |
|-----------------------------|----------|---------------|---------------|-----------------|
| ACTIVE OLDER ADULTS         | M/W/TH/F | 8:00-8:45am   | Larry/Ellen   | Large Gym/MPR   |
|                             | M/W/F    | 9:00-9:50am   | Larry         | MPR             |
| BODYFLOW™                   | T/TH     | 10:10-11:10am | Carrie        | Small Gym       |
|                             | MON      | 6:10-7:10pm   | Carrie/Brenda | Small Gym       |
| BODYFLOW™ STRETCH           | WED      | 10:20-10:55am | Brenda        | Small Gym       |
| BODYPUMP™                   | M/W/F    | 9:10-10:10am  | Brenda/Carrie | Small Gym       |
|                             | T/TH     | 6:15-7:00am   | Rachel        | Small Gym       |
|                             | T/TH     | 6:00-7:00pm   | Karen         | Small Gym       |
|                             | SAT      | 8:15-9:15am   | Brenda        | Small Gym       |
| HIIT                        | T/TH     | 5:00-5:50pm   | Angela        | Small Gym       |
| SILVER SNEAKERS® Cardio     | TUE      | 8:00-8:50am   | Josie         | Large Gym       |
| ZUMBA®                      | THUR     | 6:00-7:00pm   | Jessica       | MPR             |
|                             | SAT      | 8:30-9:30am   | Jessica       | MPR             |
| CYCLING-HIP HOP             | DAY      | TIME          | INSTRUCTOR    | LOCATION        |
| CYCLING                     | M/W/F    | 5:00-5:50pm   | Brenda        | Small Gym       |
|                             | T/TH/SUN | 9:00-9:50am   | Brenda        | Small Gym       |
|                             | WED      | 6:15-7:15pm   | Jon           | Small Gym       |
| PILATES-YOGA                | DAY      | TIME          | INSTRUCTOR    | LOCATION        |
| PILATES                     | FRI      | 9:00-9:50am   | Myra          | All Saints Room |
| SILVER SNEAKERS® Yoga       | T/TH     | 9:15-10:05am  | Josie/Ellen   | MPR             |
| YOGA                        | MON      | 5:30-6:30pm   | Ellen         | All Saints Room |
|                             | T/TH     | 5:15-6:00am   | Mike          | Small Gym       |
|                             | FRI      | 5:30-6:30pm   | Ellen         | All Saints Room |
| WATER EXERCISE              | DAY      | TIME          | INSTRUCTOR    | LOCATION        |
| AQUACISE                    | M/W      | 8:00-8:50am   | Josie         | Small Pool      |
|                             | M/W      | 6:00-7:00pm   | Jodie/Lynda   | Small Pool      |
|                             | TUE      | 9:00-9:50am   | Amy/Angela    | Small Pool      |
|                             | FRI      | 8:00-8:50am   | Myra          | Small Pool      |
|                             | FRI      | 5:30-6:30pm   | Angela        | Small Pool      |
| DEEP WATER FITNESS          | T/TH     | 8:00-9:00am   | Mary          | Large Pool      |
| AQUA SPLASH                 | TUE      | 8:00-8:50am   | Amy/Angela    | Small Pool      |
|                             | M/W      | 9:00-9:50am   | Josie         | Small Pool      |

Schedule subject to change

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Classes do fill so we ask that you register

## FITNESS CLASS SCHEDULE - SEALED AIR BRANCH

| CARDIO, STRENGTH AND TONING | DAY  | TIME          | INSTRUCTOR      | LOCATION         |
|-----------------------------|------|---------------|-----------------|------------------|
| ABS & TONING                | MON  | 10:00-10:50am | Missy           | Mead Witter      |
|                             | FRI  | 10:30-11:20am | Missy           | Mead Witter      |
| ABS & TONING ADVANCED       | MON  | 10:00-10:50am | Cherie          | Studio A&B       |
|                             | W/F  | 10:30-11:20am | Charlie/Mathias | Studio A&B       |
| ACTIVE OLDER ADULTS         | FRI  | 11:00-11:50am | Arlene          | Spirit/Mind/Body |
| BODY FUSION                 | FRI  | 8:00-8:50am   | Bobbie          | Mead Witter      |
| BOOMERS CARDIO CIRCUIT      | FRI  | 8:30-9:20am   | Josie           | Studio A&B       |
| COREDEFORCE                 | THUR | 5:05-6:00am   | Gavin           | Mead Witter      |
| CORE FUSION                 | MON  | 9:00-9:50am   | Bobbie          | Mead Witter      |
| DOUBLE STEP                 | THUR | 5:15-6:30am   | Michel          | Studio A&B       |
|                             | FRI  | 12:00-1:30pm  | Michel          | Studio A&B       |
| EXTREME INTERVAL STEP       | MON  | 5:15-6:30am   | Michel          | Studio A&B       |
|                             | MON  | 5:00-6:00pm   | Michel          | Studio A&B       |
|                             | SAT  | 7:45-8:55am   | Michel          | Studio A&B       |
| FREE WEIGHTS                | TUE  | 10:30-11:30am | Michel          | Studio A&B       |
|                             | THUR | 10:10-10:50am | Michel          | Studio A&B       |
| GUTTS AND BUTTS             | T/TH | 5:55-6:40pm   | Michel          | Studio A&B       |
| HOT HIIT                    | THUR | 8:40-9:25am   | Julie           | Mead Witter      |
| INSANITY LIVE®              | FRI  | 5:05-6:00am   | Gavin           | Studio A&B       |
| KICKBOXING                  | MON  | 6:00-6:50pm   | Karen           | Mead Witter      |
|                             | T/TH | 9:30-10:20am  | Bridgett        | Mead Witter      |

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| CARDIO, STRENGTH AND TONING           | DAY        | TIME          | INSTRUCTOR          | LOCATION                     |
|---------------------------------------|------------|---------------|---------------------|------------------------------|
| <b>MATURE MUSCLES</b>                 | MON        | 8:00-8:50am   | Cherie              | Studio A&B                   |
|                                       | M/TH       | 11:00-11:50am | Cherie              | Studio A&B                   |
|                                       | WED        | 8:30-9:20am   | Cherie              | Studio A&B                   |
| <b>METABOLIC MELTDOWN</b>             | T/TH       | 12:00-1:00pm  | Angela              | Studio A&B                   |
| <b>P90X® Live</b>                     | TUE        | 5:05-6:00am   | Gavin               | Studio A&B                   |
| <b>PILOXING®</b>                      | TUE        | 8:30-9:25am   | Julie               | Studio A&B                   |
| <b>SILVER SNEAKERS® CLASSIC</b>       | TUE        | 9:30-10:20am  | Mathias             | Studio A&B                   |
| <b>SINGLE STEP/BAR INTERVAL</b>       | WED        | 5:15-6:30am   | Michel              | Studio A&B                   |
| <b>STEP</b>                           | MON        | 9:00-9:50am   | Missy               | Studio A&B                   |
|                                       | FRI        | 9:30-10:25am  | Missy               | Studio A&B                   |
| <b>STRENGTH, SCULPT &amp; BALANCE</b> | M/W        | 12:00-12:50pm | Cherie              | Studio A&B                   |
| <b>STRENGTH TRAINING</b>              | T/TH       | 5:00-5:50pm   | Michel              | Studio A&B                   |
| <b>TABATA HIIT</b>                    | MON        | 5:00-5:50pm   | Karen               | Mead Witter                  |
|                                       | SAT        | 7:00-7:50am   | Rachel D.           | Mead Witter                  |
| <b>TONING &amp; BALANCE-LIGHT</b>     | WED        | 11:30-12:00pm | Cherie              | Studio A&B                   |
|                                       | THUR       | 8:30-9:20am   | Cherie              | Studio A&B                   |
| <b>ZUMBA®</b>                         | M/F        | 9:30-10:30am  | Hope/Andrea         | CNH Gym                      |
|                                       | M/W        | 6:00-7:00pm   | Robin/Colleen       | CNH Gym/Studio A&B           |
| <b>ZUMBA®/WERQ</b>                    | FRI        | 6:00-7:00pm   | Colleen/Kari        | Studio A&B                   |
| <b>ZUMBA® TONING</b>                  | WED        | 9:30-10:30am  | Andrea              | CNH Gym                      |
| CYCLING                               | DAY        | TIME          | INSTRUCTOR          | LOCATION                     |
| <b>INDOOR CYCLING</b>                 | M/T/W/TH/F | 12:00-1:00pm  | Mathias/Charlie     | Cycling Studio               |
|                                       | MON        | 5:00-6:30pm   | Colleen             | Cycling Studio               |
|                                       | T/F        | 5:15-6:30am   | Michel              | Cycling Studio               |
|                                       | WED        | 9:30-10:30am  | Tim/Rachel F        | Cycling Studio               |
|                                       | T/W        | 6:00-7:00pm   | Tom/Tim             | Cycling Studio               |
|                                       | T/TH/S     | 9:00-10:00am  | Michel/Gina/Tim     | Cycling Studio               |
|                                       | THUR       | 7:00-8:00pm   | Tim                 | Cycling Studio               |
|                                       | FRI        | 5:30-6:20pm   | Colleen             | Cycling Studio               |
|                                       | SAT        | 10:15-11:15am | Tom                 | Cycling Studio               |
| <b>WINTER/SPRING 1 ONLY</b>           | WED        | 11:00-11:30am | Cherie              | Cycling Studio               |
| <b>CYCLING 30</b>                     | WED        | 11:00-11:30am | Cherie              | Cycling Studio               |
| PILATES-YOGA                          | DAY        | TIME          | INSTRUCTOR          | LOCATION                     |
| <b>PILATES</b>                        | M/F        | 8:00-9:00am   | Bobbie/Andrea       | Mead Witter/Spirit/Mind/Body |
|                                       | T/TH       | 9:00-9:50am   | Andrea              | Spirit/Mind/Body             |
|                                       | TUE        | 6:15-7:15am   | Kelly               | Spirit/Mind/Body             |
|                                       | T/TH       | 10:00-10:50am | Andrea              | Spirit/Mind/Body             |
| <b>PILATES/STRETCH</b>                | THUR       | 7:00-8:00pm   | Jeanne              | Spirit/Mind/Body             |
| <b>YOGA</b>                           | M/W        | 5:30-6:30pm   | Lisa W/Lisa P/Doris | Spirit/Mind/Body             |
|                                       | M/T/TH     | 11:00-12:15pm | Charlie/Chloe       | Spirit/Mind/Body             |
|                                       | FRI        | 9:30-10:45am  | Bobbie              | Spirit/Mind/Body             |
| <b>YOGA - CHAIR YOGA - VINYASA</b>    | FRI        | 12:00-1:00pm  | Arlene              | Spirit/Mind/Body             |
| <b>YOGA - GENTLE YOGA</b>             | T/TH       | 7:30-8:30am   | Julie/Kelly         | Mead Witter                  |
| <b>YOGA - HATHA</b>                   | MON        | 8:30-9:30am   | Chloe               | Spirit/Mind/Body             |
| <b>YOGA - PILATES</b>                 | SAT        | 9:00-10:00am  | Y Staff             | Spirit/Mind/Body             |
| <b>YOGA - SILVER SNEAKERS®</b>        | THUR       | 9:30-10:00am  | Josie               | Spirit/Mind/Body             |
| <b>YOGA - VINYASA</b>                 | WED        | 12:00-1:00pm  | Chloe               | Spirit/Mind/Body             |
| <b>YOGA - VINYASA FLOW</b>            | MON        | 4:15-5:15pm   | Lisa W              | Spirit/Mind/Body             |
|                                       | WED        | 8:00-9:00am   | Bobbie              | Mead Witter                  |
| WATER EXERCISE                        | DAY        | TIME          | INSTRUCTOR          | LOCATION                     |
| <b>AQUACISE</b>                       | M/W        | 7:00-7:50am   | Christine           | Leisure Pool                 |
|                                       | M/W/F      | 8:00-9:00am   | Amy/Bridget         | Leisure Pool                 |
|                                       | M/W        | 6:00-7:00pm   | Arlene              | Leisure Pool                 |
| <b>AQUAROBICS</b>                     | T/TH       | 11:00-12:00pm | Jeanne              | Leisure Pool                 |
| <b>AQUA SPLASH</b>                    | T/TH       | 8:00-9:00am   | Claire/Josie        | Leisure Pool                 |
| <b>AQUA ZUMBA®</b>                    | THUR       | 10:05-10:50am | Romi                | Leisure Pool                 |
| <b>DEEP WATER AQUACISE</b>            | FRI        | 9:00-10:00am  | Sue                 | Lap Pool                     |
| <b>GOLDEN WAVES</b>                   | FRI        | 6:00-7:00pm   | Arlene              | Leisure Pool                 |
| <b>WATER WORKS</b>                    | T/TH       | 9:00-10:00am  | Michele             | Leisure Pool                 |

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Although Indoor Cycling is FREE with your membership, due to its popularity & limited number of bikes we ask that members pick up a cycle pass at the Welcome Center