

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™	M/F	10:15-11:15am	Carrie	Small Gym
	W	6:10-7:10pm	Carrie/Brenda	Small Gym
BODYFLOW™ STRETCH	MON	6:10-6:50pm	Brenda	Small Gym
	WED	10:15-11:00am	Brenda	Small Gym
BODYPUMP™	M/W/F	9:10-10:10am	Brenda/Carrie	Small Gym
	T/TH	10:15-11:15am	Rachel	Small Gym
	T/TH	6:00-7:00pm	Karen	Small Gym
	SAT	8:15-9:15am	Brenda	Small Gym
HIP HOP HIIT	T/TH	5:00-5:50pm	Angela	Small Gym
LOWER BODY BLAST	T/TH	8:15-8:50am	Brenda	Small Gym
	FRI	6:00-6:30pm	Brenda	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	DAY	TIME	INSTRUCTOR	LOCATION
CYCLING HIP HOP	M/W/F	5:00-5:50pm	Brenda	Small Gym
	T/TH/SUN	9:00-9:50am	Brenda	Small Gym
CYCLING (BEGINS 10/31)	WED	6:15-7:15pm	Jon	MPR
PILATES-YOGA	DAY	TIME	INSTRUCTOR	LOCATION
PILATES	FRI	8:00-8:55am	Myra	MPR
SILVER SNEAKERS® Yoga	T/TH	9:15-10:05am	Josie/Ellen	MPR
YOGA	MON	5:30-6:30pm	Ellen	MPR
	T/TH	5:15-6:00am	Mike	Small Gym
	FRI	5:30-6:30pm	Ellen	MPR
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	Lynda	Small Pool
	THUR	8:00-8:50am	Bobbie	Small Pool
	FRI	8:30-9:30am	Karen	Small Pool
	FRI	5:30-6:30pm	Josie	Small Pool
	DEEP WATER FITNESS	T/TH	8:00-9:00am	Mary
RIP TIDE	THUR	9:00-9:50am	Bobbie	Small Pool
AQUA SPLASH	TUE	8:00-8:50am	Amy	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
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
CORE DEFORCE	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

FITNESS CLASS SCHEDULE - SEALED AIR BRANCH

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