

Updated 3/1

Winter

MONDAY		TUESDAY		WEDNESDAY	
8:15-9:00	Beginner Zumba	5:45-6:40	Boot Camp	7:15-8:10	Total Body
9:30- 10:25	Total Body	8:15-9:10	Rep Reebok	8:15-9:10	Boot Camp
12:15-1:15	Zumba at Lunch	9:30-10:25	Kickboxing	9:30-10:25	Zumba
3:30-4:25	Children's Ballet Class**	10:30-11:25	Rep Reebok	12:00-12:55	Self Defense**
4:30-5:25	Rep Reebok	12:00-12:55	Zumba at Lunch	3:30-4:25	Children's Hip Hop**
5:30-6:25	Advanced Step	1:00-1:55	Pump It	4:30-5:25	Rep Reebok
6:30-7:25	Weights & Abs	4:30-5:25	Kardio 4 Kids	5:30-6:25	Multi Level Step
7:30-8:25	Boot Camp	5:30-6:25	Weights & Abs	6:30-7:25	Zumba
		6:30-7:25	Kickboxing	7:30-8:25	Boot Camp
		7:30-8:25	"Killer" Core		
THURSDAY		FRIDAY		SATURDAY	
5:45-6:40	Boot Camp	8:30-9:25	Air Rope & Abs	8:15-8:55	Zumba
8:15-9:10	Rep Reebok	9:30-10:25	Total Body	9:00-9:55	Rep Reebok
9:30-10:25	Kickboxing	12:15-1:15	Zumba at Lunch	10:00-10:25	Kickboxing
10:30-11:25	Rep Reebok	3:30-4:25	Children's Jazz Class**	10:30-10:55	All Abs
1:00-1:55	Pump It	4:30-5:25	Rep Reebok	11:00-11:55	Basic Strength Training
4:30-5:25	Kardio 4 Kids	5:30-6:25	Simply Step	12:00-12:55	Kardio 4 Kids
5:30-6:25	Kickboxing	7:00-7:55	Family Zumba	1:00 - 1:55	Happy Feet
6:30-7:25	Self Defense**				
7:30-8:25	"Killer" Core				
				SUNDAY	
				12:15-1:10	Boot Camp with Ken
				1:15-2:10	20/20/20

Older Adult Class Schedule

MONDAY		WEDNESDAY		FRIDAY	
10:45-11:30	Muscular & Strength	10:30-11:00	New Member Orientation	10:45-11:30	Muscular & Strength
1:30 - 2:15	Beginner Cardio Circuit	10:45-11:30	Muscular & Strength	1:30 - 2:15	Beginner Cardio Circuit
		1:30 - 2:15	Beginner Cardio Circuit		

** Classes Require Registration
See Front Desk Staff To Register

