



GROUP EXERCISE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monday			
Time	Class	Instructor	Studio
6:00am	Circuit City	Erin	OIFC
8:00am	Bootcamp Gold	Shawn	1
9:00 / 9:30am	Step / Cardio Dance	Shelly Rachael	1
9:00am	Multi Level Yoga	Jackie	2
10:00am	Y-Pump	Julie	1
10:00am	ZUMBA GOLD® <small>Endorsed by Silver&Fit.</small>	Shelly	Gym 1
10:00am	Tai Chi	Jackie	2
11:00/ 11:30am	ZUMBA® Barcode 30	Kelly	2
4:15pm	Shape Up	Dianne	1
5:30pm	Cardio Kickboxing	Cindy	1
6:30pm	Y-Pump Plus+	Paula	1
6:30pm	PIYO Live ®	Sabrina	2

Tuesday			
Time	Class	Instructor	Studio
5:45am	P90X® Live	Heidi	1
7:00am	Pilates	Gary	1
8:00am	Y-Pump	Shelly	1
9:00am	ZUMBA®	Kelly	1
10:00am	Circuit City	Devin	OIFC
10:00am	Pilates	Paula	1
11:00am	Bootcamp Gold	Kelly	1
5:30pm	Fit Club Mash Up	Missy	1
5:30pm	Pilates	Linda	2
6:30pm	Multi Level Yoga	Michelle B.	2
6:45pm	ZUMBA® Barcode 30	Rachael	1

Wednesday			
Time	Class	Instructor	Studio
6:00am	Body Blast	Kylie	1
8:00am	Bootcamp Gold	Shawn	1
9:00am	Cardio Dance	Kelly	1
9:00am	Chair ZUMBA®	Karen	2
10:00am	Y-Pump	Sue	1
10:00am	Barcode 45	Kelly	2
10:00am	ZUMBA GOLD® <small>Endorsed by Silver&Fit.</small>	Karen	Gym 1
11:00am	Yoga	Jackie	2
12:00pm	Tai Chi	Jackie	2
4:15pm	Shape Up	Dianne	1
5:30pm	Zumba	Kellie P.	1
5:30pm	Yoga	Maggie	2
6:30pm	Circuit City	Shawn	OIFC

All Programs in Gray are Combo Classes

Thursday			
Time	Class	Instructor	Studio
5:45am	P90X® Live	Heidi	1
7:00am	Pilates	Gary	1
8:00am	Y-Pump	Paula	1
9:00am	ZUMBA®	Shelly	1
9:00 / 9:30am	Cycling / Krazy for Kettlebells	Julie	Bike Rm. 2
10:00am	Circuit City	Devin	OIFC
10:00am	Pilates	Paula	1
11:00am	Bootcamp Gold	Paula	1
4:15pm	STRONG by Zumba™	Kellie P.	1
5:15pm	PIYO Live®	Sabrina	2
5:30pm	30-20-10	Missy	1
6:30pm	Pilates	Linda	2
6:45pm	Cardio Dance	Heidi	1

Friday			
Time	Class	Instructor	Studio
6:00am	Body Blast	Kylie	1
8:00am	Pilates	Paula	1
9:00am	Step	Shelly	1
9:30am	Core & Stretch	Rachael	2
10:00am	Y-Pump	Shelly	1
10:00am	Multi Level Yoga	Jackie	2
10:00am	ZUMBA GOLD® <small>Endorsed by Silver&Fit.</small>	Kelly	Gym 1
11:00am	Tai Chi	Jackie	2
4:15pm	Shape Up	Dianne	1
5:30pm	Circuit City	Shawn	OIFC

Saturday			
Time	Class	Instructor	Studio
8:00am	Y Pump Plus+	Cindy	1
9:00am	Cardio Dance	Heidi	1
9:00am	Pilates	Paula	2
10:00am	Cardio Kickboxing	Missy	1
11:00am	STRONG by Zumba™	Kristine	1

Sunday			
Time	Class	Instructor	Studio
12:30pm	Instructor's Choice	Rotation	1
2:30pm	Cycling	Randy	Cycle

CYCLING SCHEDULE

Monday	
Time	Instructor
6:00am	Sue
9:00am	Julie
4:30pm	Randy

Tuesday	
Time	Instructor
4:30pm	Randy

Wednesday	
Time	Instructor
6:00am	Sue
9:00am	Sue
4:30pm	Randy

Thursday		
Time	Instructor	
9:00 / 9:30am	Cycling/ Krazy for Kettlebells	Julie Studio 2

Friday	
Time	Instructor
9:00am	Sue

Saturday	
Time	Instructor
9:00am	Randy