



FITNESS SCHEDULE



Campbell County and Wright Recreation Center, www.ccrd.com, 307-682-8527, 464-0580

2/16/18

Fitness Classes are included with the purchase of a membership or with a daily drop in fee. Senior citizens and benefit assistance pass members are excluded and must pay a \$6 fitness drop in.

Class	Location	Instructor	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
GILLETTE RECREATION CENTER FITNESS SCHEDULE									
Spin Combo	Spin Rm Gillette	Sam A./Ernie B.		5:15-6:15 a.m.		5:15-6:15 a.m.			
Spinning		Angi Klamm	9:00-10:00 am		9:00-10:00 am		9:00-10:00 am		
		Heather Zabel	5:00-5:45 am		5:00-5:45 am				
		Nicole Rozier					5:15-6:00 am		
		Anastasia Dayton		7:15-8:00 pm					
		All						9:00-10:00 am	
Spin Combo		Pam Munoz		12:15-12:55 pm		12:15-12:55 pm			
Powerflex	Room 1 Gillette	Jessica Bagnarello		12:10-12:50 pm			12:10-12:50 pm	10:00-11:00 am	
		Pam Munoz	5:15-6:15 am		5:15-6:15 am		5:15-6:15 am		
Cardio Fit	Room 1 Gillette	Jo/Shannon	9:00-10:00 am		9:00-10:00 am		9:00-10:00 am		
Zumba	Room 2 Gillette	Lori McCreary			9:00-10:00 am		9:00-10:00 am		
		Wendy Gauntner		9:00-10:00 am		9:00-10:00 am			
		Lindsey Johnson		6:30-7:30 pm		6:30-7:30 pm			
Cardio Dance/Pound	Room 2 Gillette	Theresa Meuer	9:00-10:00 am						
Pound Fit	Room 1 Gillette	Theresa Meuer						1:00-2:00 pm	
Cardio Dance	Room 1 Gillette	Theresa Meuer						2:00-3:00 pm	
Dance Fitness	Room 2 Gillette	Amy Fulton	5:30-6:30 pm		5:30-6:30 pm				
Invigorating Stretch & Tone	Room 2 Gillette	Wendy Gauntner		8:15-9:00 am		8:15-9:00 am			
Yoga Fit	Room 2 Gillette	Sharon Murphree	6:00-6:55 am		6:00-6:55 am		6:00-6:55 am		
Circuit Training	Room 2 Gillette	Sharon Murphree	7:00-7:55 am		7:00-7:55 am		7:00-7:55 am		
Yoga	Room 2 Gillette	Sarah Parker		10:15-11:00 am		10:15-11:00 am			
Piyo	Room 1 Gillette	Amanda Jundt	5:30-6:30 pm		5:30-6:30 pm		5:30-6:30 pm		
Piyo	Room 2 Gillette	Jennifer VanDamme		5:15-6:15 am		5:15-6:15 am			
Core De Force	Room 2 Gillette	Amanda Jundt		5:00-5:45 pm					
Metabolic Mayhem	Room 1 Gillette	Shannon/Rochelle		9:15-10:15 am		9:15-10:15 am			
HIIT Fit	Room 1 Gillette	Heather Gibson		5:30-6:25 pm		5:30-6:25 pm			3:00-4:00 pm
Mommy & Me	Room 1 Gillette	Katie/Steph	10:15-11:15 am	10:30-11:15 am	10:15-11:15 am	10:30-11:15 am	10:15-11:15 am		
Variety Fit	Room 1 Gillette	Anastasia Dayton	4:15-5:15 pm		4:15-5:15 pm				
Interval Training	Room 1 Gillette	Rochelle Rice	12:10-12:55 pm		12:10-12:55 pm	12:10-12:55 pm			
WRIGHT RECREATION CENTER FITNESS SCHEDULE									
Circuit Training	Fitness and Weight Room Wright	Jennifer Johnson		5:45-6:45 pm		5:45-6:45 pm			
Yoga	Fitness Room Wright	Penny Twomey	8:15-9:15 am		8:15-9:15 am				
PiYo Live	Fitness Room Wright	Penny Twomey		8:15-9:15 am		8:15-9:15 am			
Wind Down Yoga	Fitness Room Wright	Penny Twomey		7:00 - 8:00 pm		7:00 - 8:00 pm			
Zumba	Fitness Room Wright	Janeen Bissey	4:00 - 5:00 pm Thru Feb 5:30-6:30 pm Mar-May		4:00 - 5:00 pm Thru Feb 5:30-6:30 pm Mar-May				
Define & Align	Fitness Room Wright	Janeen Bissey		4:00 - 5:00 pm Thru Feb 5:30-6:30 pm Mar-May		4:00 - 5:00 pm Thru Feb 5:30-6:30 pm Mar-May			
GILLETTE RECREATION CENTER WATER FITNESS SCHEDULE									
Class	Location	Instructor	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Deep Water	Pool Gillette	Marilyn R./Cathy C.	5:30-6:15 am	5:30-6:15 am	5:30-6:15 am	5:30-6:15 am	5:30-6:15 am		
Mid-Morning Dip	Pool Gillette	Lori M./Sandy K.	9:30-10:30am		9:30-10:30am		9:30-10:30am		
Adjust UR Attitude	Pool Gillette	Blanca Fare	4:15-5:00p	4:15-5:00p	4:15-5:00p	4:15-5:00p			
Water Fitness	Pool Gillette	Cindy B./Paula P.	5:15-6:00 pm	5:15-6:00 pm	5:15-6:00 pm	5:15-6:00 pm			
Aqua Dance	Pool Gillette	Sharon Murphree						11:30-12:30 pm	
WRIGHT RECREATION CENTER WATER FITNESS SCHEDULE									
Morning Water Exercise	Pool Wright	Jennifer Johnson	6:00 - 6:45 am		6:00 - 6:45 am				