



FITNESS SCHEDULE



Campbell County (Gillette) Recreation Center (307)682-8527 and Wright Recreation Center, (307)464-0580

8/13/19

www.ccpd.com (Click the Fitness Schedule Graphics Button)

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									
Cycling	Spin Room Gillette	Nicole	5:15-6:00 am		5:15-6:00 am				
		Angi/Heather Z	9:00-10:00 am		9:00-10:00 am				
		Anastasia Dayton							
		Pam Munoz		12:15-12:55 pm					
Spin Combo		Pam Munoz				12:15-12:55 pm			
Powerflex	Room 1 Gillette	Jessica Bagnarello		12:10-12:50 pm			12:10-12:50 pm		
		Jill Belecky	4:30-5:30 pm		4:30-5:30 pm				
		Pam Munoz	5:15-6:15 am		5:15-6:15 am		5:15-6:15 am		
Cardio Fit	Room 1 Gillette	Stephanie S.					9:00-10:00 am		
Cardio Dance/Pound	Room 1 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	
Zumba	Room 2 Gillette	Lindsey Johnson		6:30-7:30 pm		6:30-7:30 pm			
Piyo	Room 1 Gillette	Amanda Jundt	5:30-6:30 pm		5:30-6:30 pm				
Metabolic Mayhem	Room 1 Gillette	Steph S./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
Variety Fit	Room 1 Gillette	Haley Maxwell		4:30-5:30 pm		4:30-5:30 pm			
Flex-Ability	Room 2 Gillette	Brooklyn Schwab	8:10-8:55 am		8:10-8:55 am		8:10-8:55 am		
Circuit Weight Training	Room 1 Gillette	Sydney D'Agosta		6:00-7:00 am		6:00-7:00 am			
ROM Stretching	Room 2 Gillette	Anastasia Dayton			10:10-10:40 am				
Max Fit	Room 1 Gillette	Stephanie S.	9:00-10:00 am						
Stretch & Strength	Room 2 Gillette	Anthony Campese				12:00-1:00 pm			
	Room 1 Gillette	Anthony Campese		6:30-7:30 pm					
Circuit	Room 2 Gillette	Brooklyn Schwab		8:10-8:55 am		8:10-8:55 am			
Tone & Box	Room 2 Gillette	Kelsey Frazier			9:10-10:00a				
Kick Boxing	Room 1 Gillette	Kelsey Frazier	10:15-11:15 am				10:15-11:15 am		
Dance Step	Room 2 Gillette	Kelsey Frazier		10:15-11:15 am		10:15-11:15 am			
Mommy & Me	Room 1 Gillette	Kelsey Frazier			10:15-11:15 am				
Express Stretch	Room 1 Gillette	Kelsey Frazier	11:00-11:30 am				11:00-11:30 am		
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									
Zumba	Fitnss Room Wright	Janeen Bissey	9:00-10:00 a.m.		9:00-10:00 a.m.				
Define & Align	Fitness Room Wright	Janeen Bissey		9:00-10:00 a.m.		9:00-10:00 a.m.			
WRIGHT RECREATION CENTER WATER FITNESS SCHEDULE									
Morning Water Exercise	Pool Wright	Colette Bertrand	6:00 - 6:45 am		6:00 - 6:45 am				
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	Sandy K.	8:30-9:30 am		8:30-9:30 am		8:30-9:30 am		
Adjust UR Attitude	Pool Gillette	Blanca Fare	4:30-5:15 pm	4:30-5:15 pm	4:30-5:15 pm	4:30-5:15 pm			
Aqua Dance	Pool Gillette	Paula P.						11:30-12:30 pm	
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			
WRIGHT RECREATION CENTER WATER FITNESS SCHEDULE									