



FITNESS SCHEDULE



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

1/31/20

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 Rozier	5:00-5:45 am		5:00-5:45 am				
		Heather Zabel	9:00-10:00 am		9:00-10:00 am		9:00-10:00 am		
		Sam Araujo	12:00-1:00 pm		12:00-1:00 pm				
		Ernie B/Sarah F		5:15-6:15 am		5:15-6:15 am			
		Mary Melaragno		7:15-8:00 pm					
		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		
	Room 2 Gillette	Pam Munoz						9:00-10:00 am	
Cardio Fit	Room 1 Gillette	Stephanie S.					9:00-10:00 am		
Pound Fit	Room 1 Gillette	Ronda Drum						1:00-2:00 pm	
Cardio Dance	Room 1 Gillette	Theresa Meuer		7:00-8:00 am	9:00-10:00 am			2:00-3:00 pm	
Zumba	Room 1 Gillette	Lindsey Johnson	10:15-11:15 am				10:15-11:15 am		
	Room 1 Gillette	Wendy Gauntner		8:00-9:00 am		8:15-9:15 am			
Strong by Zumba	Room 1 Gillette	Lindsey Johnson			10:15-11:15 am				
Piyo	Room 1 Gillette	Amanda Jundt	5:30-6:30 pm		5:30-6:30 pm		5:30-6:30 pm		
Metabolic Mayhem	Room 1 Gillette	Steph Schilling		9:15-10:15 am		9:15-10:15 am			
Saturday HIIT	Room 1 Gillette	Steph S./Rochelle R.						8:15-9:15 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			
Circuit Weight Training	Room 1 Gillette	Sydney D'Agosta		6:00-7:00 am		6:00-7:00 am			
Max Fit	Room 1 Gillette	Stephanie Schilling	9:00-10:00 am						
Stretch & Strength	Room 1 Gillette	Anthony Campese		6:30-7:30 pm		6:30-7:30 pm			
Flex-Ability	Room 2 Gillette	Brooklyn Schwab			8:10-8:55 am				
Circuit Training	Room 2 Gillette	Sharon Murphree		7:00-8:00 am		7:00-8:00 am			
ROM Stretching	Room 2 Gillette	Ana Dayton			10:10-10:50 am				
Chair Yoga	Room 1 Gillette	Sandy Kramer				7:30-8:15 am			
Gentle & Restorative Yoga	Room 2 Gillette	Sharon Murphree		6:00-7:00 am		6:00-7:00 am			
Easy Yoga	Room 2 Gillette	Janice Pfenning		10:15-11:15 am		10:15-11:15 am			
Interval Training	Room 1 Gillette	Rochelle Rice	12:10-12:55 pm		12:10-12:55 pm				
WRIGHT RECREATION CENTER FITNESS SCHEDULE									
HIIT	Fitness Room Wright	Jamyé Worman	6:00 - 6:30 pm	10:00 - 10:30 am	6:00 - 6:30 pm	10:00 - 10:30 am			
Yoga	Fitness Room Wright	Penny Twomey	8:15-9:15 am		8:15-9:15 am		8:15-9:15 am		
Cycling	Fitness Room Wright	Penny Twomey	5:30 - 6:00 pm		5:30 - 6:00 pm				
Zumba	Fitness Room Wright	Janeen Bissey	4:30 - 5:30 pm		4:30 - 5:30 pm				
Define & Align	Fitness Room Wright	Janeen Bissey		4:30 - 5:30 pm		4:30 - 5:30 pm			
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	Sharon M.						11:30-12:30 pm	
Water Mix Up	Pool Gillette	Lori M.		10:00-11:00 am		10:00-11:00 am			
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									