



FITNESS SCHEDULE



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

9/13/18

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		Heather Z/Nicole	5:15-6:00 am		5:15-6:00 am				
		Angi Klamm	9:00-10:00 am		9:00-10:00 am				
		Anastasia Dayton		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		4:30-5:25 pm		4:30-5:25 pm			
		Pam Munoz	5:15-6:15 am		5:15-6:15 am		5:15-6:15 am		
Cardio Fit	Room 1 Gillette	Jo/Stephanie	9:00-10:00 am		9:00-10:00 am		9:00-10:00 am		
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	
Zumba	Room 2 Gillette	Lori McCreary	9:00-10:00 am				9:00-10:00 am		
	Room 2 Gillette	Lindsey Johnson		6:30-7:30 pm		6:30-7:30 pm			
Dance Fitness	Room 2 Gillette	Amy Furot	5:30-6:30 pm		5:30-6:30 pm				
Piyo	Room 1 Gillette	Amanda Jundt	5:30-6:30 pm		5:30-6:30 pm				
Metabolic Mayhem	Room 1 Gillette	Shannon/Rochelle		9:15-10:15 am		9:15-10:15 am			
Hatha Yoga	Room 2 Gillette	Sharon Murphree	6:00-7:00 am		6:00-7:00 am		6:00-7:00 am		
Circuit Weight's	Room 2 Gillette	Sharon Murphree	7:00-8:00 am		7:00-8:00 am		7:00-8:00 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	Anastasia Dayton	4:15-5:15 pm		4:15-5:15 pm				
Pilates	Room 2 Gillette	Kelsey Frazier		10:15-11:15 am		10:15-11:15 am			
Circuit	Room 1 Gillette	Kelsey Frazier			10:15-11:15 am				
Butts & Guts	Room 1 Gillette	Kelsey Frazier	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	12:10-12:55 pm			
WRIGHT RECREATION CENTER FITNESS SCHEDULE									
HIIT	Fitness Room Wright	Jamye Worman	6:00 - 6:30 p.m.	10:00 - 10:30 a.m.	6:00 - 6:30 p.m.	10:00 - 10:30 a.m.			
Yoga	Fitness Room Wright	Penny Twomey	8:15-9:15 am		8:15-9:15 am				
PiYo Live	Fitness Room Wright	Penny Twomey		7:00 - 8:00 a.m.		8:15-9:15 am			
Cycling	Fitness Room Wright	Penny Twomey	5:15 - 5:45 p.m.		5:15 - 5:45 p.m.				
Zumba	Fitnss Room Wright	Janeen Bissey	4:00 - 5:00 p.m.		4:00 - 5:00 p.m.				
Define & Align	Fitness Room Wright	Janeen Bissey		4:00 - 5:00 p.m.		4:00 - 5:00 p.m.			
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		
Agua Dance								11:30-12:30 pm	
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			
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			
Morning Water Exercise	Pool Wright	Colette Bertrand	6:00 - 6:45 am		6:00 - 6:45 am				