



# FITNESS SCHEDULE



Class	Location	Instructor	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Spin Combo	Spin Rm	Sam A./Ernie B.		5:15-6:15 a.m.		5:15-6:15 a.m.			
Cycling	Spin Rm	Kristal Wagner	12:10-12:50 pm		12:10-12:50 pm				
Cycling	Spin Rm	Angie K./Kristal W.	9:00-10:00 am		9:00-10:00 am		9:00-10:00 am		
Cycling	Spin Rm	Pam Munoz		12:15-12:55 pm		12:15-12:55 pm			
Cycling	Spin Rm	Heather Zabel	5:15-6:15 am		5:15-6:15 am				
Cycling	Spin Rm	Anastasia Dayton		7:15-8 pm					
Cycling	Spin Rm	Kristal/Pam/Heather						9:30-10:30a	
Powerflex	Room 1	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		
		Jessica Evenson		4:30-5:30 pm					
Cardio Fit	Room 1	Jo Durgin	9:00-10:00 am		9:00-10:00 am		9:00-10:00 am		
Zumba	Room 2	Lori McCreary			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 1	Theresa Meuer				4:30-5:30 pm			
	Room 2	Theresa Meuer	9:00-10:00 am						
Pound Fit	Room 1	Theresa Meuer							1:00-2:00 pm
Cardio Dance	Room 1	Theresa Meuer							2:00-3:00 pm
Dance Fitness	Room 2	Amy Fulton	5:30-6:30 pm		5:30-6:30 pm				
Yoga	Room 2	Janice Pfenning	8:00-8:55 am		8:00-8:55 am		8:00-8:55 am		
Yoga Fitness	Room 2	Sarah Parker	10:15-11:15 am	10:15-11:00 am	10:15-11:15 am	10:15-11:00 am			
Piyo	Room 2	Jennifer Van Damme	5:00-6:00 am		5:00-6:00 am		5:00-6:00 am		
	Room 1	Amanda Jundt	5:30-6:30 pm	5:30-6:30 am	5:30-6:30 pm	5:30-6:30 am			
Metabolic Mayhem	Room 1	Shannon/Stacy R.		9:15-10:15 am		9:15-10:15 am			
Hit Fit	Room 1	Stacy Karol		5:40-6:25 pm		5:40-6:25 pm			3:00-4:00 pm
Mommy & Me	Room 1	Katie Spurlin	10:15-11:15 am		10:15-11:15 am				
Variety Fit	Room 1	Jessica Evenson	4:30-5:30 pm		4:30-5:30 pm				
	Room 2	Jessica Evenson				4:30-5:30 pm			
Interval Training	Room 1	Sydney D'Agosta	12:10-12:55 pm		12:10-12:55 pm	12:10-12:55 pm			
Metabolic Condition	Room 1	Sydney D/Stacy K		10:20-11:20 am			10:20-11:20 am		

## Water Fitness Schedule

Class	Location	Instructor	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Deep Water	Pool	Marilyn R./Cathy C.	5:30-6:15 am						
Mid-Morning Dip	Pool	Lori M./Sandy K.	9:30-10:30am		9:30-10:30am		9:30-10:30am		
Adjust UR Attitude	Pool	Blanca Fare	4:15-5:00p	4:15-5:00p	4:15-5:00p	4:15-5:00p			
Water Fitness	Pool	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	Sharon Murphree						11:30-12:30 pm	

Fitness Classes are included with the purchase of a membership or with a daily drop in. Senior Citizens and benefit assistance pass members are excluded and must pay a \$5 fitness drop in.



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## **Cardio Fitness**

Get lean and feel great with this group cardio fitness class! Group fitness classes provide non-stop activity to improve cardiovascular efficiency and promote a leaner body. Stay motivated by working out with other members and receive encouragement from our professionally trained instructor Jo Durgin.

## **Cycling**

This Fitness Class welcomes participants of all fitness levels. Cycling is a great way to get into shape while allowing each participant to train at their own pace. Our trained cycling instructors will motivate you through a fun, safe, enjoyable ride as they simulate various terrains as if you are riding your bike through town. You determine your resistance and your speed. Students should bring a water bottle and be ready to sweat!

## **Power Flex**

Power Flex is an exciting group fitness class that incorporates weight training into your fitness program. You will be instructed on how to perform simple controlled weight training movements set to music. The one hour class provides you with a well-balanced weight training workout with 10 segments including a warm-up, 8 segments devoted to specific muscle groups, and a cool down. Beginner and advanced students can work out side by side because each person places the appropriate amount of weight on their own bar.

## **HITFIT**

“High Intensity Interval Training”. Get ready for this nonstop, Cross fit inspired, cardio and strength packed workout

## **Yoga**

Certified Yoga Instructor Janice Pfenning will teach you a wide variety of poses to help you build strength, flexibility and endurance. Be prepared for a good work-out as well as a revitalizing for deep relaxation. Beginning students of all ages and abilities are invited to this Hatha yoga class.

## **Zumba**

ZUMBA is a fusion of Latin and International dance themes that create a dynamic, exciting, effective fitness system! Zumba combines the principles of fitness interval and resistance training to maximize caloric output, fat burning, and total body toning with easy to follow dance steps. Zumba is based on the belief that a workout should be “FUN and EASY TO DO.” Come and join us for this fast, fun dance exercise class that will rev up your heart and give your entire body a great workout. Hey, why not make it a “Party” for the whole family! Kids 10 and older can participate with a parent!

## **Metabolic Mayhem**

Metabolic Mayhem is geared towards athletes of all levels, but is sure to push you beyond the typical fitness class and get your metabolism firing like no other training will. Using olympic lifting, body weight movements, and HIIT in a positive and encouraging group setting, you’ll discover strengths you didn’t know you had. Classes will typically meet Tuesdays and Thursdays outside Fitness Room 1, but may be held on the indoor track or outside depending on weather. So don’t find an excuse, find a way to be there!

## **Variety Fit**

Variety Fit is a combination of Weight training and Cardio Circuits. This class could be compared to the popular boot camp classes using weight training and cardio exercises to work you into that tone shape you have always strived for. Our Instructors have a routine that is sure to challenge you and whip you into shape!

## **PiYo**

PiYo is a fusion class combining Pilates, Yoga and Strength Training in one fast-paced and low impact workout.

## **Interval Training**

30-35 minutes of high intensity interval training. Using weights and cardio to help you reach your fitness goals.

## **Pound Fit**

POUND is a full-body cardio jam session, combining light resistance with constant simulated drumming. Through continual upper body motion using our lightly weighted exercise drumsticks, you’ll turn into a calorie-torching drummer. Intense Music and a fun environment will help you embrace your inner power!

## **Mommy & Me Baby/Toddler**

Strength train while using our babies as the weight. We will sing children’s songs, dance, give kisses and be silly to keep our babies entertained. Bring your toddler in with you and let them work out right alongside you. Help them learn stretches, strength training, and cardio. We will incorporate children’s songs and dances to keep them entertained. If they get bored they can play and watch you sweat!