

Winter 2020

FITNESS SCHEDULE



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	Early Riser Bootcamp (S&C, Activity room, Gym) 6:00-7:00 a.m.	Cycle with Power (Main Gym) *Winter Only 6:00-7:00 a.m.	Early Riser Bootcamp (S&C, Activity room, Gym) 6:00-7:00 a.m.				
	Muscle Works Fat Burning (Studio) 9:00-10:15 a.m.	Core (Studio) 8:45-9:00 a.m.	Athletic Yoga (Studio) 6:00-7:00 a.m.	Spin and Strength+ (Studio) 9:00-10:15 a.m.	Athletic Yoga (Studio) 7:00-8:00 a.m.	Adult Karate (Main Gym) 9:00-10:30 a.m.	
		Spint+ (Studio) 9:00-10:00 a.m.	Back to Basics (Studio) 9:00-10:00 a.m.	HIIT Bootcamp (Activity Room) 9:00-10:00 a.m.	Total Body Conditioning (Studio) 9:00-10:00 a.m.	Weekend Step and Strength (Studio) 10:00-11:00 a.m.	Gentle Focused Yoga for Targeted Results (Studio) 9:30-11:00 a.m.
Afternoon		HIIT Bootcamp (Activity Room) 9:00-10:00 a.m.	MOC 45/30 (Main Gym) 9:30-10:45 a.m.		Pilates: Small Equipment (Studio) 10:15-11:15 a.m.		
		Pilates: Small Equipment* (Main Gym) 9:00-10:00 a.m.	Tai Chi (Studio) 10:30-11:30 a.m.			Adult Orientation (Fitness Center) 1:00-2:00 p.m.	
					Jr. Orientation (Fitness Office) 4:15-5:15 p.m.		
Evening	Jr. Certification Test (Fitness Office) 4:15-4:45 p.m.				Cycle with Power (Main Gym) *Winter Only 6:15-7:15 p.m.		
		Gentle Focused Yoga for Targeted Results (Studio) 6:00-7:15 p.m.	Kids & Parent Meditation (ABC rm) *Spring Only 6:45-7:45 p.m.	Pilates: Small Equipment (Studio) 6:00-7:00 p.m.			
	Spin & Strengthent (Studio) 6:15-7:15 p.m.	Derrick Club Functional Training (Activity Room) 6:00-7:00 p.m.	Spin and Yoga Core+ (Studio) 6:30-7:30 p.m.	Tai Chi (Studio) 7:15-8:15 p.m.			
	Barre Method Intensive (Studio) 7:30-8:30 p.m.	Focused Yoga for Targeted Results (Studio) 7:30-8:30 p.m.	ROM (Studio) 7:45-8:45 p.m.				
		Synergy 360 Circuit (S & C Room) 6:00-7:00p.m.	Weekly Meditation (ABC rm) *Spring Only 8:00-9:00 p.m.				

Registered Classes
Drop-ins are welcome if the class is running and registration is not full
*Check start and end dates

Monthly Fitness Pass Classes
Monthly charge billed continuously until you cancel
Drop-ins are welcome

Classes not running
Classes in **RED** are full

Registration for all classes is through GameTime

The + symbol denotes a class with a limited number of bikes - reserve yours on GameTime