



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Winter Group EX Class Schedule

***Indicates New Class**

MONDAY FITNESS CLASS	TIMES	INSTRUCTOR
Group Cycle- Studio C	5:40-6:30 AM	Rotates
LesMills BodyPump- Studio A	9:00-10:00 AM	Sarra Robinson
Aqua Fit- Pool	9:30-10:30 AM	Rotates
Yoga- Studio A	10:30-12:00 PM	Elizabeth Moses
Senior Chair Class- Studio B	11:45-12:45 PM	Kari Flynn
Functional Fitness- Studio A	12:15-1:00 PM	Laurie Tarantino
Aqua Fit- Pool	1:15-2:15 PM	Rotates
Active Seniors- Studio A	1:00-2:00 PM	Kari Flynn
REFIT®- Studio A	4:00-5:00 PM	Sarra Robinson
Boxing- Studio A (\$)	5:25-6:25 PM	Bonnie Mann/Matt Lumia
Zumba- Studio B	5:30-6:30 PM	Nithya Cocina
Boot Camp- Inside Track/Outdoors (\$)	6:30-7:30 PM	Matt Lumia
Zumba- Studio A	6:30-7:30 PM	Connor O'Malley
Resistance- Studio B	6:30-7:30 PM	Kim George
Aqua Fit- Pool	6:30-7:30 PM	Cathy Ruocco

TUESDAY FITNESS CLASS	TIMES	INSTRUCTOR
Kickboxing- Studio A	5:45-6:45 AM	Leslie Timmerman
Cycle Fusion Strong- Studio A	9:00-10:15 AM	Nadia Mauer
Aqua Movement - Pool	9:00-10:00 AM	Rotates
Silver Sneakers Classic- Studio B	9:15-10:15 AM	Kari Flynn
REFIT®- Studio A	10:30-11:30 AM	Kari Flynn
Fit 4 Life- Wellness Center	10:30-11:30 AM	Marcy Straight
Boxing For Seniors- Studio A (\$)	12:05-1:05 PM	Bonnie Mann
Fit 4 Life- Wellness Center	12:45-1:45 PM	Marcy Straight
Zumba Gold- Studio A	4:30-5:30 PM	Linda Burroughs
TAI Ji- Studio B (\$)	5:30-6:30 PM	Karen Alpha
Yoga- Studio A	5:30-6:45 PM	Elizabeth Moses
Zumba/Bollywood- Studio A	7:00-8:00 PM	Nithya Cocina

WEDNESDAY FITNESS CLASS	TIMES	INSTRUCTOR
Group Cycle - Studio C	5:40-6:30 AM	Leslie Timmerman
LesMills BodyPump - Studio A	5:45-6:45 AM	Kelli Carsten
LesMills BodyPump- Studio A	9:00-10:00 AM	Sarra Robinson
Aqua Fit - Pool	9:30-10:30 AM	Rotates
Zumba Gold - Senior Center	10:00-11:00 AM	Linda Burroughs
Active Yoga - Program Room	10:00-11:00 AM	Elizabeth Moses
Line Dancing- Studio A	10:30-11:30 AM	Cathy Corso
Gentle Yoga - Program Room	11:30AM-12:30PM	Elizabeth Moses
Senior Chair Class - Studio B	11:45-12:45 PM	Kari Flynn
Core Express- Studio A	12:15-1:00 PM	Mohamed Dahroug
Barre for Older Active Adults - Studio A	1:10-2:10 PM	Linda Burroughs
Aqua Fit - Pool	1:15-2:15 PM	Alicia Patterson
REFIT®- Studio A	4:00-5:00 PM	Rotates
Boxing- Studio A (\$)	5:25-6:25 PM	Bonnie Mann
Zumba- Studio B	5:30-6:30 PM	Rotates

WEDNESDAY Continued	TIMES	INSTRUCTOR
Group Cycle- Studio C	5:30-6:30 PM	Rotates
Zumba- Studio A	6:30-7:30 PM	Connor O'Malley
Resistance- Studio B	6:30-7:30 PM	Kim George
Aqua Fit- Pool	6:30-7:30 PM	Cathy Ruocco

THURSDAY FITNESS CLASS	TIMES	INSTRUCTOR
Kickboxing- Studio A	5:45-6:45 AM	Leslie Timmerman
Cycle Fusion Strong- Studio A	9:00-10:15 AM	Nadia Mauer
Aqua Movement - Pool	9:00-10:00 AM	Rotates
Silver Sneakers Classic®- Studio B	9:15-10:15 AM	Kari Flynn
Yoga- Studio A	10:30-12:00 PM	Elizabeth Moses
Fit 4 Life- Wellness Center	10:30-11:30 AM	Marcy Straight
Functional Fitness-Studio A	12:15-1:00 PM	Laurie Tarantino
Fit 4 Life- Wellness Center	12:45-1:45 PM	Marcy Straight
Boxing for Seniors- Studio A (\$)	1:05-2:05 PM	Bonnie Mann
REFIT®- Studio A	4:00-5:00 PM	Kari Flynn
TAI Ji- Studio B (\$)	5:30-6:30 PM	Karen Alpha
Thinning By Finning - Pool	5:45-6:30 PM	Lisa Faber
Zumba- Studio A	6:30-7:30 PM	Nithya Cocina
Water, Walk & Talk - Pool	6:30-7:30 PM	Cathy Ruocco

FRIDAY FITNESS CLASS	TIMES	INSTRUCTOR
LesMills BodyPump - Studio A	5:45-6:45 AM	Kelli Carsten
Cycle Fusion Strong & More- Studio A	9:15-10:15 AM	Terrie Dewitt/Deborah Farren
Aqua Fit- Pool	9:30-10:30 AM	Rotates
REFIT®- Studio A	10:30-11:30 AM	Kari Flynn
Senior Chair Class- Studio B	11:45-12:45 PM	Kari Flynn
Core Express- Studio A	12:15-1:00 PM	Mohamed Dahroug
Zumba Gold- Studio A	1:10-2:10 PM	Linda Burroughs
Aqua Fit- Pool	1:15-2:15 PM	Rotates

SATURDAY FITNESS CLASS	TIMES	INSTRUCTOR
Special Feature- Studio A	7:30-8:20 AM	Debbie Lane
LesMills BodyPump- Studio A	8:45-9:45 AM	Lisa Lyke
Adult Judo- Program Room (\$)	8:30-10:00 AM	Heidi Reed
Youth Judo- Program Room (\$)	10:00-11:00 AM	Heidi Reed

SUNDAY FITNESS CLASS	TIMES	INSTRUCTOR
Family Cycle- Cycling Studio	1:30-2:30 PM	Rotates