



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FALL II Group EX Class Schedule

MONDAY FITNESS CLASS	TIMES	INSTRUCTOR
Group Cycle- Studio C	5:40-6:30 AM	Rotates
Les Mills Body Pump- 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
Silver Sneakers Classic- 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
Feeling Fit Plus- Studio B	1:00-2:00 PM	Rotates
Boxing- Studio A	5:25-6:25 PM	Bonnie Mann/Matt Lumia
Zumba- Studio B	5:30-6:30 PM	Nithya Cocina
Zumba- Studio A	6:30-7:30 PM	Connor O'Malley
Les Mill Body Pump- 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 Fit - 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
CXWORX- Studio A	12:15-12:45 PM	Kari Flynn
Fit 4 Life- Wellness Center	12:45-1:45 PM	Marcy Straight
Tai Chi for Active Seniors- Studio A	4:00-5:00 PM	Marcia Iraggi
Yoga- Studio A	5:30-6:45 PM	Elizabeth Moses
Zumba/Bollywood- Studio A	7:00-8:00 PM	Nithya Cocina
Rowing- Wellness Center	7:00-8:00 PM	Steve Schwartz

WEDNESDAY FITNESS CLASS	TIMES	INSTRUCTOR
Group Cycle - Studio C	5:40-6:30 AM	Leslie Timmerman
Les Mills Body Pump - Studio A	5:45-6:45 AM	Rotates/Lisa Lyke
Les Mills Body Pump- 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	Rotates
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
Silver Sneakers Classic - Studio B	11:45-12:45 PM	Kari Flynn
Les Mills Body Pump- Studio A	12:00-1:00 PM	Rotates
Feeling Fit Plus - Studio B	1:00-2:00 PM	Rotates
Aqua Fit - Pool	1:15-2:15 PM	Breanna Bolt
Kids Zumba- Studio A	4:15-5:00 PM	Nithya Cocina
Boxing- Studio A	5:25-6:25 PM	Bonnie Mann
Group Cycle- Studio C	5:30-6:30 PM	Tab Treacy
Zumba- Studio A	6:30-7:30 PM	Connor O'Malley
Aqua Fit- Pool	6:30-7:30 PM	Cathy Ruocco

WEDNESDAY FITNESS CLASS CONT.	TIMES	INSTRUCTOR
Les Mills Body Pump- Studio B	6:30-7:30 PM	Kim George
Rowing- Wellness Center	7:00-8:00 PM	Steve Schwartz

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 Fit - Pool	9:00-10:00 AM	Sarra Robinson
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
Silver Sneakers Classic – Senior Center	2:00 – 3:00 PM	Linda Burroughs
CXWORX- Studio A	4:30-5:15 PM	Kari Flynn
Les Mills Body Pump- Studio A	6:45-7:45 PM	Maria Acquard

FRIDAY FITNESS CLASS	TIMES	INSTRUCTOR
Les Mills Body Pump – Studio A	5:45-6:45 AM	Rotates/Lisa Lyke
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
Silver Sneakers Classic- Studio B	11:45-12:45 PM	Kari Flynn
Les Mills Body Pump- Studio A	12:00-1:00 PM	Rotates
Zumba Gold- Studio B	1:00-2:00 PM	Rotates
Les Mills Body Pump- Studio A	5:30-6:30 PM	Jolene Fenner
Special Feature- Studio A	6:45-7:45 PM	Jolene Fenner

SATURDAY FITNESS CLASS	TIMES	INSTRUCTOR
Special Feature- Studio A	7:30-8:20 AM	Lisa Lyke
Les Mills Body Pump- Studio A	8:45-9:45 AM	Lisa Lyke
Zumba-Studio A	10:00-11:00 AM	Nithya Cocina/Connor O'Malley

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

PROGRAMS	TIMES	INSTRUCTOR
Thinning By Finning – Pool - Thursdays	5:45-6:30 PM	Lisa Faber
Water, Walk & Talk – Pool - Thursdays	6:30-7:30 PM	Cathy Ruocco
Adult Judo- Program Room – Saturdays	8:30-10:00 AM	Heidi Reed
Youth Judo- Program Room - Saturdays	10:00-11:00 AM	Heidi Reed

<i>SMALL GROUP CLASSES</i>	TIMES	INSTRUCTOR
FiT Fusion		
Mondays and Fridays	6:30-7:30 PM	Ty Timmerman
Tuesdays and Thursdays	7:30-8:30 AM	Marcy Straight
Wednesdays and Fridays	8:00-9:00 AM	Marcy Straight
Women's Strength Training		
Mondays and Thursdays	6:00-7:00 PM	Megan Russell
Wednesdays and Fridays	10:30-11:30 AM	Marcy Straight
Functional Fitness		
Tuesdays and Fridays	12:00-1:00 PM	Danny Cevette
Triple S		
Tuesdays and Fridays	3:30-4:30 PM	Danny Cevette
Boxing		
Mondays and Wednesdays	5:25-6:25 PM	Bonnie Mann

COMING SOON – Late 2018

