

# Group Fitness Calendar

## Fall 2023 - Starting Nov. 27



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15-6:00AM Spin & Strength Kendra	5:15-6:15AM Cycle 60 Kellie	5:15-6:00AM Spin & Strength Kendra	5:15-6:00AM Boot Camp Kellie		
7:00-7:45AM Shallow Aqua Fit Kendra	7:00-7:45AM Cardio Drumming Kendra	7:00-7:45AM Shallow Aqua Fit Kendra	7:00-7:45AM Cardio Drumming Kendra	7:00-7:45AM Shallow Aqua Fit Kendra	
8:00-8:45AM Aqua Mix Kendra		8:00-8:45AM Aqua Mix Kendra		8:00-8:45AM Aqua Mix Kendra	8:00-9:00AM Zumba Step Grace
9:30-10:15AM Senior Power Kendra	9:00-9:50AM Strength and Stretch Mellissa	9:00-9:45AM Senior Strong & Balanced Julie	9:00-9:50AM Strength and Stretch David	9:30-10:15AM Senior Power Kendra	9:15-10:00AM Spin Julie
	10:00-11:00AM Yoga Flow Mellissa	10:00-11:00AM Cardio Drumming Kendra	10:00-11:00 Gentle Yoga Deb		10:10-10:55AM HIIT David
11:00-12:00PM Shallow Aqua Fit Kendra		11:00-12:00PM Shallow Aqua Fit Kendra		11:00-12:00PM Shallow Aqua Fit Kendra	
	1:00-1:45PM Barre Betsy		1:00-1:45PM Bike and Build Betsy		
			2:00-2:45PM Barre Betsy		
	4:10-5:10PM Cardio Sculpt Jaci		4:10-5:10PM Cardio Sculpt Jaci		
5:30-6:15PM Workout Warrior HIIT -- David	5:30-6:15PM Bike and Build Betsy	5:30-6:15PM Spin Julie	5:30-6:15PM Workout Warrior HIIT -- David		
	6:40-7:40PM Zumba Grace	6:40-7:40PM Zumba Grace	6:40-7:40PM Classical Yoga Deb		
7:40-8:40PM Firm H2O Lucas		7:40-8:40PM Firm H2O Lucas			
8:00-8:45PM Cardio Golf Britni					

**CLASS SIZES:** Class sizes are limited. Members are encouraged to pre-register. Stop by or call 748-3230 for details.

**YOGA MATS:** Members are advised to bring their own yoga mat. Limited shared mats are available.

- **Core Stability:** Improves abdominal and back strength
- **Cardiovascular Fitness:** Improves heart and lung function
- **Flexibility:** Improves coordination and joint range of motion
- **Muscular Strength:** Increases weight-bearing strength and endurance
- **Balance:** Increases ability to control the body's position & reduces the risk of falling