

WINTER 1 2019 SCHEDULE

1/2 - 2/20/19

	Orr Room	Group Ex Room	Senior Center	Gym	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	CYCLING 5:45-6:30A JOE		CYCLING 5:45-6:30A JOE		
CIRCUIT INTERVAL 8-8:45A MELANY					
TONING 8:15-9A JESSICA	YOGA 8-9A KRYSTAL	TONING 8:15-9A BETH C.	YOGA 8-9A KRYSTAL	TONING 8:15-9A JESSICA	TONING 8:15-9A AUTUMN
	CYCLING 9-9:45A ALICIA	SILVER SNEAKERS CLASSIC 9:05-9:50A BETH C.		CYCLING 9:15-10A ALICIA	WERQ 9:15-10A ERIN
TONING 9:15-10A BRITTANY	ZUMBA 9:15-10A MARJORIE	CIRCUIT INTERVAL 9:15-10A BRITTANY	ZUMBA 9:15-10A MARJORIE	ZUMBA 9:15-10A TRICIA	
SILVER SNEAKERS CLASSIC 10-10:45A MELANY	SILVER SNEAKERS CLASSIC 10-10:45A ALICIA	SILVER SNEAKERS CLASSIC 10-10:45A BETH C.	SILVER SNEAKERS CLASSIC 10-10:45A ALICIA	TABATA 9:15-10A BRITTANY	TINY TUMBLERS 10-10:45A
WERQ 10:15-11A TRICIA	TONING 10:15-11A ERIN	ZUMBA 10:15-11A MOLLY		BARRE 10:15-11A TRICIA	YOUTH BALLET 10:15-11A
SILVER SNEAKERS CLASSIC 11-11:45A MELANY	SILVER SNEAKERS CLASSIC 11-11:45A ALICIA	SILVER SNEAKERS CLASSIC 11-11:45A BETH C.	SILVER SNEAKERS CLASSIC 11-11:45A ALICIA	SILVER SNEAKERS YOGA 11A-12P RICHARD	
		SILVER SNEAKERS YOGA 12-12:45P RICHARD			
YOUTH JAZZ 4:15-5P					
YOUTH BALLET 5:15-6P	TONING 5:15-6P BRITTANY	CYCLING 5:15-6P RICHELLE	WERQ 5:15-6P ERIN		
CYCLING 5:15-6P KARLA	TABATA 6:15-7P BRITTANY	CYCLING 6:15-7P ALICIA	BOOTCAMP 6:15-7P BRITTANY		
ZUMBA 6:15-7P MARJORIE	COUNTRY HEAT 6:15-7P AUTUMN	ZUMBA TONING 6:15-7P MARJORIE			
TINY TUMBLERS 6:30-7:15P	KETTLEBELL AMPD 7:15-8P AUTUMN	PIYO 6:15-7P AUTUMN	CARDIO VARIETY 7:15-8P EDNA		
	CORE CONDITION 7:15-8P EDNA	HATHA YOGA 7:15-8:15P JEAN			
		STRONG BY ZUMBA 7:15-8:15P AUTUMN			