

# SPRING 2019 SCHEDULE

## 4/22 - 6/3/19

	Orr Room	Group Ex Room	Senior Center	Gym	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	CYCLING 5:45-6:30A JOE				
BOOTCAMP 8-8:45A KARA					
TONING 8:15-9A JESSICA	YOGA 8-9A KRYSTAL	TONING 8:15-9A BETH C.	YOGA 8-9A KRYSTAL	TONING 8:15-9A JESSICA	
WILDCARD 9-9:45A KARA	CYCLING 9-9:45A ALICIA	SILVER SNEAKERS CLASSIC 9:05-9:50A BETH C.		CYCLING 9:15-10A ALICIA	
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	ZUMBA 9:15-10A CHRISTY
SILVER SNEAKERS CLASSIC 10-10:45A MYA	SILVER SNEAKERS CLASSIC 10-10:45A ALICIA	SILVER SNEAKERS CLASSIC 10-10:45A BETH C.	SILVER SNEAKERS CLASSIC 10-10:45A ALICIA	SILVER SNEAKERS CIRCUIT 10:10-10:55A MYA	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 KELLIE	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 BALLET 5:15-6P	TABATA 5:15-6P BRITTANY	CYCLING 5:15-6P RICHELLE	BOOTCAMP 5:15-6P BRITTANY		
CYCLING 5:15-6P KARLA		CYCLING 6:15-7P ALICIA			
ZUMBA 6:15-7P MARJORIE	ZUMBA 6:15-7P MOLLY	ZUMBA TONING 6:15-7P MARJORIE	BARRE FUSION 6:15-7P GINA		
TINY TUMBLERS 6:30-7:15P		PIYO 6:15-7P AUTUMN			
	CORE CONDITION 7:15-8P EDNA	HATHA YOGA 7:15-8:15P MANDY	CARDIO VARIETY 7:15-8P EDNA		
		STRONG BY ZUMBA 7:15-8:15P AUTUMN			