2019 OCTOBER COMPLEX FITNESS

Day	Class	Time	Instructor	Room
Monday	Athletic Conditioning	8:00 - 9:00 am	Penny	Group Exercise Rm
	Deep Water Class	8:15 - 9:00 am	Julie H.	Pool
	Water Aerobics	9:00 - 10:00 am	Jennie	Pool
	Yoga	9:00 - 10:00 am	Suzanne	Springs Room
	ZUMBA	10:30 - 11:30am	Jennie	Springs Room
	Barre	10:00 - 11:00 am	Julie Z.	Group Exercise Rm
	Lift	11:30 am -12:30 pm	Ronnee	Weight Room
	Yoga	4:05 - 5:00 pm	Ronnee	Group Exercise Rm
	ZUMBA	6:00 - 7:00 pm	Sam	Group Exercise Rm
	Gentle Yoga	7:00 - 8:15 pm	Lidia	Group Exercise Rm
Tuesday	Aqua Fit	9:00 - 10:00 am	Tammy	Pool
	Muscle Blast	9:00 - 10:00 am	Penny	Group Exercise Rm
	Bare Your Sole	10:00 - 10:45 am	Tammy	Training Room
	Stretch & Strength	10:45 - 11:30 am	Tammy	Group Exercise Rm
	Cycle	11:30 am - 12:15 pm	Amy	Group Exercise Rm
	Christian Yoga	4:05 - 5:05 pm	Ronnee	Springs Room
	Kickboxing Circuits	6:00 - 7:00 pm	Amy	Group Exercise Rm
Wednesday	Yin Yoga	8:00 - 9:15 am	Sandy	Springs Room
	Deep Water Class	8:15 - 9:00 am	Deb	Pool
	Pilates	9:00 - 10:00 am	Ronda	Group Exercise Rm
	Tone & Stretch	10:00 - 11:00 am	Arlene	Group Exercise Rm
	Line Dancing	10:00 - 11:30 am	Ozzie	Springs Room
	Tai Chi	11:00 am - 12:00 pm	Lisa	Group Exercise Rm
	Yoga	7:00 - 8:15 pm	Lidia	Group Exercise Rm
Thursday	Muscle Blast - Upper Body	8:00 - 8:30 am	Penny	Group Exercise Rm
	Fusion Fit	8:30 - 9:00 am	Penny	Group Exercise Rm
	Aqua Fit	9:00 - 10:00 am	Rose	Pool
	Custom Cuts	9:30 - 10:20 am	Shannon	Group Exercise Rm
	Stretch & Strength	10:30 - 11:15 am	Shannon	Group Exercise Rm
	Cycle	11:30 am - 12:15 pm	Amy	Group Exercise Rm
	Kickboxing Circuits	6:00 - 7:00 pm	Amy	Group Exercise Rm
Friday	HIIT	8:00 - 9:00 am	Penny	Group Exercise Rm
	Deep Water Class	8:15 - 9:00 am	Julie H.	Pool
	YoPi Fusion	9:00 - 10:00 am	Ronda	Springs Room
	Yoga	9:00 - 10:15 am	Lidia	Group Exercise Rm
	Water Aerobics	9:00 - 10:00 am	Shannon	Pool
	ZUMBA	10:15 - 11:15 am	Sam	Group Exercise Rm
Saturday	Yoga	8:30 - 9:45 am	Lidia	Group Exercise Rm

***Evening Water Exercise classes will be postponed during the high school swim team season August-October. Evening Aquacise will return at conclusion of high school swim team season.**