

FALL 2023 FITNESS CLASS SCHEDULE

SCHEDULE RUNS SEPTEMBER 18 - DECEMBER 15, 2023

: No Reservation Required : Reservation Required : Fee Required

STUDIO 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakaway 9:15-10 AM Kaaren A.	Breakaway 6:45-7:30 AM Barb L.	Breakaway 9:15-10 AM Lisa G.		Breakaway 6:45-7:30 AM Van M.		
	Breakaway 11:15-12 PM Larry N.	Breakaway 12:15-1 PM Cindy B.	Breakaway 11:15-12 PM Cindy B.	Breakaway 11:15-12 PM Christiane S.	Breakaway 10:15-11 AM Rotation	Breakaway 10:15-11 AM Rotation
Breakaway 4:30-5:15 PM Stephanie A.	Breakaway 4:30-5:15 PM Gina T.	Breakaway 4:30-5:15 PM Abby M.	Breakaway 4:30-5:15 PM Gina T.	Breakaway 4:30-5:15 PM Gina T.		
Breakaway 6:15-7 PM Ellie Z.	Breakaway 6:15-7 PM Ellie Z.	Breakaway 6:15-7 PM Gina T.	Breakaway 6:15-7 PM Ellie Z.			

STUDIO 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Barre Connect 7:45-8:30 AM Christiane S.		Barre Connect 7:45-8:30 AM Christiane S.			
Fusion Pilates 9:10-9:55 AM Madi H.	Hatha Yoga 9:10-10:10 AM Lynn M.	Fusion Pilates 9:10-9:55 AM Madi H.	Vinyasa Flow 9:10-10:10 AM Lynn M.	Fusion Pilates 9:10-9:55 AM Sophie R.		
	Fusion Pilates 10:30-11:15 AM Doriana P.	High Fitness 11:10-11:55 AM Sarema W.	Hatha Yoga 12:10-1:10 PM Richard M.	Barre Connect 10:15-11 AM Christiane S.	Yoga Flow 11:15 AM-12:15 PM Rotation	Yoga Flow 11:15 AM-12:15 PM Rotation
Hatha Yoga 12:10-1:10 PM Richard M.	Vinyasa Flow 12:10-1:10 PM Victoria K.	Vinyasa Flow 12:10-1:10 PM Victoria K.	Fusion Pilates 4:10-4:55 PM Doriana P.	Hatha Yoga 12:10-1:10 PM Richard M.		
TRX 4:10-5 PM Lisa G.	Power Flow 5:15-6:15 PM Megan S.	TRX 4:10-5 PM Lisa G.	Vinyasa Flow 5:15-6:15 PM Liz C.	Power Flow 5:15-6:15 PM Liz C.		
Fusion Pilates 5:15-6 PM Doriana P.	Salsa/Bachata 6:30-7:30 PM Horacio H.	Barre Connect 5:30-6:15 PM Lea B.	Salsa/Bachata 6:30-7:30 PM Horacio H.			
Power Flow 6:15-7:15 PM Liz C.	Vinyasa Flow 7:45-8:45 PM Liz C.					

STUDIO 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
H.I.I.T. 9:10-9:55 AM Holland G.		H.I.I.T. 9:10-9:55 AM Holland G.			Body Pump 9-10 AM Rotation	
Body Pump 12:15-1:15 PM Doriana P.	H.I.I.T. 12:15-1 PM Grace M.	Body Pump 12:15-1:15 PM Doriana P.	H.I.I.T. 12:15-1 PM Cindy B.	Body Pump 12:15-1:15 PM Christiane S.		
		6-Pack Abs 1:30-2 PM Doriana P.		6-Pack Abs 1:30-2 PM Christiane S.		
Body Pump 4:15-5:15 PM Cindy B.	Body Pump 4:15-5:15 PM Stephanie A.	Body Pump 4:15-5:15 PM Christiane S.	Body Pump 4:15-5:15 PM Cindy B.	High Fitness 4:15-5 PM Bailey V.		
Contemporary Jazz 5:30-6:30 PM Leah S.	High Fitness 5:30-6:15 PM Bailey V.	H.I.I.T. 5:30-6:15 PM Abby M.				
Hip Hop + Heels 6:45-7:45 PM Leah S.		Zumba 6:30-7:30 PM Danya N.				

MAT ROOM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Kickboxing 12:10-1:10 PM Nefferti S.		Kickboxing 12:10-1:10 PM Nefferti S.				
Shorin Ryu Karate 6:30-7:30 PM Lance G.	Kickboxing 6:30-7:30 PM Nefferti S.	Shorin Ryu Karate 6:30-7:30 PM Lance G.	Kickboxing 6:30-7:30 PM Nefferti S.			Acro Yoga 6-7:30 PM Liz C.

RECREATION CENTER POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Masters Swim 7-8 AM Aquatics Staff	Intermediate Swim 7-8 AM Aquatics Staff	Masters Swim 7-8 AM Aquatics Staff	Intermediate Swim 7-8 AM Aquatics Staff	Masters Swim 7-8 AM Aquatics Staff		
	AQUAFIT (Shallow) 12:15-1 PM Cindy B.			AQUAFIT (Deep) 10:30-11:15 AM Cindy B.		
	Master's Swim 5:30-6:30 PM Aquatics Staff		Master's Swim 5:30-6:30 PM Aquatics Staff			