

Land Classes	Instructor	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Spin-M/Muscle Pump-W/Yoga-TH	Nicky	5:35-6:35am		5:35-6:35am	5:35-6:35am		
Spin Mornings	Nicky	6:45-7:30am		6:45-7:30am		6:45-7:30am	
Muscle Pump	Nicky		7:30-8:30am		7:30-8:15am		
Beginner Yoga	Nicky	7:30-8:30am		7:30-8:30am		7:30-8:30am	
Strength/Core/Yoga Stretch	Nicky		9:00-10:00am		9:00-10:00am		
Silver Sneakers Classic	Sue		10:45-11:30am		10:45-11:30am		
Spin Noon	Josie	12:00-1:00pm		12:00-1:00pm			
Body Sculpt	Brenda	5:15-6:15pm		5:15-6:15pm			
Zumba	Rachel/Liz		5:15-6:15pm		5:15-6:15pm		
Tai Chi	Gregg & Phill			6:30-7:30pm			9:00-10:15am
American Red Cross Courses	Varies						10:30am - ?
							Finish
ROOM RENTALS		Hot Shots	Heartland Dance		Fencing		
		4:00-5:00pm	6:30-7:30pm		6:30-8:30pm		
		6:30-8:15pm					
Intermitent Rentals maybe scheduled and not listed. Please do not interrupt room when in use.							
Water/Land Exercise participants must be 15 years of age. ***CLASSES SUBJECT TO CHANGE WITHOUT NOTICE***							9/1/2017