



Group Exercise Schedule

Fall 2018

TIME	SUN	MON	TUES	WED	THURS	FRI	SAT
5:30 a.m.		TRX (Kristy)		TRX (Rotating)			
8 a.m.		Body Sculpt (Dawna)	Yoga (Karen)	TRX (8:15 a.m.) (Dawna)	Yoga (Thomas)		Yoga (Karen)
9 a.m.		High Dance Fitness* (Lauri)	High Octane (Dawna)	Kick It Up! <i>All kinds of cardio</i> (Dawna)	Turbo Kick (Lauri)	Pump & Crunch (Sara Gae)	High Dance Fitness* (Lauri)
9 a.m. Multipurpose Rm						Cycle (Dawna/Lauri)	
10 a.m.		Senior Fitness (Karen)	Senior Body Flow (Starla)	Senior Fitness (Karen)	Senior Fit: Yoga (Thomas)	Senior Fitness (Karen)	Power Step (Katy)
11 a.m.		Silver Sneakers (Becca)		Silver Sneakers (Becca)		Silver Sneakers (Becca)	
2:30 p.m.	High Dance Fitness* (Lauri)						
3:30 to 5 p.m.	Pump & Crunch Plus (Katy)						
5 p.m.					High Gear (Sarah)		
5 p.m. Multipurpose Rm		Cycle K (Kellie)	Cycle K (Kellie)	Cycle K (Kellie)	Cycle K (Kellie)	Cycle K (Kellie)	
5:30 p.m.		HIT: High Interval Training (Sara Gae)	Moving Meditation (Starla)	Yoga (Karen)			
6 p.m.					Pump & Crunch (Katy)		
6:30 p.m.		Yoga for Strength (Kristin)	High Dance Fitness* (Lauri)				

* Formerly Zumba class. Same class, same times, same instructor; new name.