



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Spring 2018	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5 AM		5:30-6:30am Strength/Cardio Together Sandra	5:05-6:00 am Cardio Step Together Sandra	5:30-6:30am Strength Train Together Sandra		
6 AM	6:00-6:45 am H.A.B.I.T Pam		6:00-6:45 am H.A.B.I.T Laurie			
7 AM	7:00-8:00am Strength Train Together Pam	6:45-7:45am Yoga Bri'ana	7:00-8:00am Strength Train Together -Pam	6:45-7:45am Yoga Mack	7:00-8:00am Strength Train Together -Pam	
8 AM	8:10-9:10am Yoga Brooke	8:00-9:00am Pilates Rachel	8:10-9:10am Yoga Brooke	8:00-9:00am Pilates Rachel	8:10-9:10am Yoga Brooke	8:30-9:30am Zumba® Tonya
						8:30-9:00am HIIT 9:00-9:15 Abs together MAC
9 AM	9:15-10:15am Step N Tone Develyn	9:15-10:30am Body Sculpting Develyn	9:15-10:15am Step N Tone Develyn	9:15-10:30am Body Sculpting Develyn	9:15-10:15am Step N Tone Develyn	
10 AM	10:00-11:00 am Aqua-Fit Jo	10:00-11:00 am Aqua-Fit Jo	10:00-11:00 am Aqua-Fit Jo	10:00-11:00 am Aqua-Fit Jo	10:00-11:00 am Aqua-Fit Jo	10.30-11.30am Strength Training Together-Julie
		10:30-11:30 am Tai Chi Kevin		10:30-11:30 Tai Chi Kevin		
11 AM	11:00-12:00 pm Movement Matters \$\$ Gina (Multi-Purp room)		11:00-12:00 pm Movement Matters \$\$ Gina (Multi-Purp room)			
	11:20-12:20pm Active Older Adults Jo	11:30-12:30 Yoga (Chair) Jo	11:20-12:20pm Active Older Adults Jo	11:30-12:30 Yoga (Chair) Jo	11:20-12:20pm Active Older Adults Jo	
4 PM		4:30-5:30 Zumba Toning Tanya				
5 PM	5:30-6:30 Cardio Step Together Pam (starts Jan. 8 <sup>th</sup> )	5:30-6:30 pm Strength Train Together -Julie	5:35-6:35pm Zumba®-Tanya	5:30-6:30 pm Strength Train Together -Julie	5:35-6:35pm Zumba Tonya	
6 PM	6:00-7:00pm Aqua-Fit-Tracy		6:00-7:00pm Aqua-Fit-Tracy			
	6:30-7:00 pm H.I.I.T <b>15 MIN BREAK</b> 7:15-7:30 pm Abs Together MAC	6:45-7:15 pm Meditation Brooke	6:30-7:00 pm H.I.I.T <b>15 MIN BREAK</b> 7:15-7:30 pm Abs Together MAC			
<i>Updated 3/1/2018</i>						