



SUMMER 2022 GROUP EXERCISE SCHEDULE

MONDAY

TIME	CLASS	INSTRUCTOR	LOCATION
5:40am	Group Cycling (10)	Becca	Multipurpose Room
8:00am	Aquanastics (R-\$)	Trista	Aquatics Center
9:00am	Fusion	Trista	Multipurpose Room
10:00am	SilverSneakers Classic	Anita	South Gym
5:15pm	Strength Train Together (R-12)	Trista	Multipurpose Room

TUESDAY

TIME	CLASS	INSTRUCTOR	LOCATION
8:00am	Strength Train Together (R-12)	Trista	Multipurpose Room
9:15am	SilverSneakers Chair Yoga	Anita	South Gym
10:00am	ForeverWell Strength Circuit	Anita	Fitness Center
5:15pm	Strength Train Together (R-12)	Christy	Multipurpose Room
6:30pm	ZUMBA	Hector	Multipurpose Room

WEDNESDAY

TIME	CLASS	INSTRUCTOR	LOCATION
8:00am	Aquanastics (R-\$)	Trista	Aquatics Center
9:00am	Fusion	Trista	Multipurpose Room
10:00am	SilverSneakers Classic	Anita	South Gym
4:15pm	Defend Together	Christy	Multipurpose Room
5:15pm	Strong in 30 (R-12)	Trista	Multipurpose Room

THURSDAY

TIME	CLASS	INSTRUCTOR	LOCATION
8:00am	Strength Train Together(R-12)	Trista	Multipurpose Room
9:15am	SilverSneakers Chair Yoga	Anita	South Gym
10:00am	ForeverWell Strength & Balance	Anita	South Gym
5:15pm	Strength Train Together (R-12)	Christy	Multipurpose Room
6:30pm	ZUMBA	Hector	Multipurpose Room

FRIDAY

TIME	CLASS	INSTRUCTOR	LOCATION
5:40am	Group Cycling (10)	Becca	Multipurpose Room
8:00am	Aquanastics (R-\$)	Trista	Aquatics Center
9:00am	Fusion	Trista	Multipurpose Room
10:00am	Senior Cycling (10)	Trista	Multipurpose Room