



Summer Class Schedule

Time	Class	Trainer	Room	Duration
Monday				
6:00 - 6:45 AM	Butts & Gutts	Mike	Riot Room	45 min
9:00 - 9:45 AM	Body Sculpt	Susan	Riot Room	45 min
12:00 - 12:45 PM	Kickboxing	Mike	Riot Room	45 min
4:00 - 4:45 PM	Zumba	Stephanie	Riot Room	45 min
4:00 - 4:45 PM	Tight and Tone	Sandra	Endurance Room	45 min
5:15 - 5:45 PM	Pilates Mat	Ellene	Pilates Room	45 min
5:30 - 6:15 PM	Pumped	Sandra	Warrior Room	45 min
5:30 - 6:15 PM	Kidz Kraze	Susan	Riot Room	45 min
6:30 - 7:30 PM	Yoga	Jeanine	Riot Room	1 hour

Tuesday				
6:00 - 6:45 AM	Step Up & Around	Susan	Riot Room	45 min
9:00 - 9:45 AM	Bokwa	Stephanie	Riot Room	45 min
9:00 - 9:45 AM	Pilates Mat	Ellene	Pilates Room	45 min
9:00 - 9:30 AM	Power Plate	Susan	Shake It Room	45 min
12:00 - 12:45 PM	Tabata	Sandra	Warrior Room	45 min
4:15 - 5:00 PM	Tabata	Mike	Warrior Room	45 min
4:15 - 5:00 PM	TRX	Sandra	Riot Room	45 min
5:15 - 6:00 PM	Kickboxing	Mike	Riot Room	1 hour
6:30 - 7:30 PM	Bariatric Support Group	Susan	**Think Tank**	1 hour

Wednesday				
9:00 - 9:45 AM	Body Sculpt	Susan	Riot Room	45 min
12:00 - 12:45 PM	Explosive Training	Mike	Riot Room	45 min
4:15 - 5:00 PM	Adventure Barre	Sandra	Riot Room	45 min
5:30 - 6:15 PM	Pumped	Sandra	Warrior Room	45 min
5:30 - 6:15 PM	Kidz Kraze	Susan	Riot Room	45 min

Time	Class	Trainer	Room	Duration
Thursday				
6:00 - 6:30 AM	Power Plate	Susan	Shake It Room	30 min
9:00 - 9:45 AM	Balance'N'Core	Susan	Riot Room	45 min
9:00 - 9:45 AM	Pilates Mat	Ellene	Pilates Room	45 min
12:00 - 1:00 PM	Yoga	Jeanine	Riot Room	1 hour
12:00 - 12:45 PM	ElliptiGo	Mike	Endurance Room	45 min
4:00 - 4:45 PM	Yoga	Chuna	Riot Room	45 min
4:15 - 5:00 PM	Functional Fitness	Sandra	Warrior Room	45 min
5:00 - 5:45 PM	Interval Cardio	Sandra	Endurance Room	45 min

Friday				
6:00 - 6:45 AM	Total Body 360	Susan	Endurance Room	45 min
9:00 - 9:45 AM	Have a Ball	Susan	Riot Room	45 min
12:00 - 12:45 PM	Interval Cardio	Susan	Endurance Room	45 min
4:00 - 4:45 PM	Tabata	Sandra	Warrior Room	45 min
4:15 - 4:45 PM	Zumba	Stephanie	Riot Room	45 min
5:00 - 5:45 PM	Tabata	Sandra	Warrior Room	45 min
5:00 - 5:45 PM	Kidz Kraze	Susan	Riot Room	45 min
Saturday				
8:00 - 8:45 AM	Tabata	Mike	Riot Room	45 min
9:00 - 9:45 AM	Kickboxing	Mike	Riot Room	1 hour
9:00 - 10:00 AM	Nordic Walk	Susan	Outside	1 hour
10:15 - 11:15 AM	Yoga	Jeanine	Riot Room	1 hour
11:15 - 12:00 AM	Zumba Toning	Stephanie	Riot Room	45 min

****Bariatric Support Group meets the 1st Tuesday of each month****