

2017 SPRING FITNESS SCHEDULE

MONDAY

5:45-6:30AM	Kick Boxing	Andrea Vondra
8:00-9:00 AM	Silver Sneakers	Kathy Collinson
9:00-10:00AM	Kick Boxing	Andrea Vondra
10:15-11:15AM	Silver Sneakers	Kathy Collinson
3:30-4:00PM	Synrgy360 *Premium Class	Alayna Beckham
4:15-5:00PM	Zumba	Connie Glenn
5:15-6:15PM	Power Pump	Jessica Shore
6:30-7:15PM	BollyX	Ganesa Novak

TUESDAY

5:45-6:45AM	Get Fit	Elaine Hand
9:00-10:00AM	Body Sculpt & Core	Kay Wallin-Brontson
4:15-5:00PM	Cardio Flow	Kayla Heimerman
5:15-6:00PM	Pound Rockout	Andrea Vondra
6:15-7:00PM	Kick Boxing	Andrea Vondra
7:00-7:30PM	UPlift	Deshawn Johnson

WEDNESDAY

8:00-9:00 AM	Silver Sneakers	Kathy Collinson
9:00-10:00AM	Morning Mixer	Kathy Collinson
10:15-11:15AM	Silver Sneakers	Kathy Collinson
3:30-4:00PM	Synrgy360 *Premium Class	Alayna Beckham
4:15-5:00PM	Zumba	Connie Glenn
5:15-6:15PM	Power Pump	Jessica Shore
6:30-7:15PM	BollyX	Ganesa Novak

THURSDAY

5:45-6:45AM	Get Fit	Elaine Hand
9:00-10:00AM	Body Sculpt & Core	Kay Wallin-Bronston
4:15-5:00PM	Cardio Flow	Kayla Heimerman
5:15-6:00PM	Pound Rockout	Andrea Vondra
6:15-7:00PM	Kick Boxing	Andrea Vondra
7:00-7:30PM	UPlift	Deshawn Johnson

FRIDAY

8:15-9:00AM	#Ynot45	Andrea Vondra
8:00-9:00AM	Sit & Fit	Kathy Collinson
9:00-10:00AM	Pound Rockout	Andrea Vondra
10:15-11:15AM	Sit & Fit	Kathy Collinson

*Premium Classes require an additional fee and pre-registration

3/27/17



FITNESS SCHEDULE

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