

Fitness Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Y-Cycling 5:15am-6:15am		Y-Cycling 5:15am-6:15			
Interval Floor 8:00am-9:00am		Interval Floor 8:00am-9:00am		Interval Floor 8:00am-9:00am	Y-Cycling 8:00am-8:45am
Y-Cycling 9:00am-9:45	S.Sneaker Setup 9:45am-10:15am	Y-Cycling 9:00am-9:45am	S.Sneaker Setup 9:45am-10:15am	Y-Cycling 9:00am-9:45am	Family Zumba 9:00am-10:00am
Strength & Tone 10:00am-11:00am	MSROM SilverSneakers 10:15am-11:15am	Line Dancing 9:00am-10:00am	MSROM SilverSneakers 10:15am-11:15am	Strength & Tone 10:00am-11:00am	
YogaStretch 11:30am-12:30pm		YogaStretch 11:30am-12:30pm			Family Walking 11:00am-1:00pm
Family Walking 2:30pm-4:30pm	Family Walking 2:30pm-4:30pm	Family Walking 2:30pm-4:30pm	Family Walking 2:30pm-4:30pm	Family Walking 2:30pm-4:30pm	Teen Strength 12:00pm-1:00pm
Cardio Dance 5:15pm-6:15pm		Cardio Dance 5:15pm-6:15pm			
Y-Cycling 5:30pm-6:15pm	Butts & Guts 5:00pm-6:00pm	Y-Cycling 5:30pm-6:15pm	Butts & Guts 5:00pm-6:00pm		
Family Zumba 4:00pm-4:45pm	Y-Cycling 5:30pm-6:15pm	Family Zumba 4:00pm-4:45pm	Y-Cycling 5:30pm-6:15pm		
Karate 6:30pm-8:00pm	Zumba 6:15pm-7:00pm	Karate 6:30pm-8:00pm	Zumba 6:15pm-7:00pm		
Yoga 6:30pm-7:45pm	Yoga 6:30pm -7:45pm	Yoga 6:30pm-7:45pm	Yoga 6:30pm -7:45pm		
Family Walking 7:30pm-9:00pm	Family Walking 7:30pm-9:00pm	Family Walking 7:30pm-9:00pm	Family Walking 7:30pm-9:00pm	Family Walking 7:30pm-9:00pm	

Pool Fitness Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aqua Aerobics 8:00am-9:00am		Aqua Aerobics 8:00am-9:00am		Aqua Aerobics 8:00am-9:00am	
	Silver Splash 9:00am-10:00am		Silver Splash 9:00am-10:00am		
Aqua Yoga 9:15am-10:15am				Aqua Yoga 9:15am-10:15am	