



# GROUP FITNESS SCHEDULE NOVEMBER 2023

10	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
M O R N I N G		Cycle 45 •• w/ Lisa Pennington 5:30-6:15am CR	Bootcamp w/ Karen Pierzala •• 5:30-6:25am AC	Cycle 45 •• w/ Lisa Pennington 5:30-6:15am CR		Circuit Training w/ Karen Pierzala •• 5:30am-6:25am CTR	
		Cross Training w/ Tracy Hilman •• 5:30-6:25am AG			Cross Training w/ Tracy Hilman •• 5:30-6:25am AG		
			Yoga • w/ Karen Pierzala 8:00-8:45am RR		Yoga • w/ Andrea Hall 8:00-8:45am RR		
		Silver Toning • w/ Julie Vinson 8:00-8:50am AC	Basic Step • w/ Carol Lewis 8:30-9:00am AC	Silver Toning • w/ Andrea Hall 8:00-8:50am AC		Silver Toning • w/ Julie Vinson 8:00-8:50am AC	Cycle 45 w/ Kim Clayton • 8:00-8:45am CR
			Total Body w/ Nkechi Ezes •• 9:00-9:55am AC	Bootcamp w/ Brooke Yanik •• 9:00-9:55am AC	Total Body w/ Nkechi Eze •• 9:00-9:55am AC	Circuit Training w/ Brooke Yanik ••• 9:00-9:55am CTR	Circuit Training w/ Brooke Yanik •• 9:00-9:55am CTR
		Toning • w/ Carli Holbrook 9:00-9:55am AC	Pilates • w/ Carol Scott 9:00-9:55am RR		Pilates • w/ Carol Scott 9:00-9:55am RR	Core & More •• w/ Casey Faulkner 9:00-9:55am AC	Yoga • w/ Jodi Fields 9:00-9:55am RR
		Silver Cardio w/ Andrea Hall • 9:00-9:45am RR	Silver Sneakers w/ Carol Scott • 10:00-10:45am RR	Silver Cardio w/ Andrea Hall • 9:00-9:45am RR	Silver Sneakers w/ Carol Scott • 10:00-10:45am RR	Silver Cardio w/ Kris Pennington • 9:00-9:45am RR	Zumba w/ Alison Webb •• 10:00-10:55am AC
		Aqua Dance & Tone w/ Nancy Haney • 9:00-11:00am SP	Aqua Dance & Tone w/ Carol Lewis • 9:00-11:00am SP	Aqua Dance & Tone w/ Carol Lewis • 9:00-11:00am SP	Aqua Dance & Tone w/ Nancy Haney • 9:00-11:00am SP	Pilates • w/ Tammy Jackson 10:00-10:55am RR	
		Yoga • w/ Andrea Hall 10:00-10:55am RR	Zumba w/ Jessica Ortiz •• 10:00-10:55am AC	Yoga w/ Brittany Tackett • 10:00-10:55am RR	Zumba w/ Jessica Ortiz •• 10:00-10:55am AC		
		Waterwork Wonders w/ Mary Blanton • 11:00-noon SP	Cycle30 •• w/ Brooke Yanik 10:00-10:30am CR	Waterwork Wonders w/ Mary Blanton • 11:00-noon SP	Cycle30 •• w/ Brooke Yanik 10:00-10:30am CR	Waterwork Wonders w/ Mary Blanton • 11:00-noon SP	
E V E N I N G		Yoga w/ Tammy Jackson • 5:30-6:25pm RR					
		Dance Fitness w/ Christy Lawson •• 5:35-6:25pm AC	Dance Fitness w/ Christy Lawson •• 5:35-6:25pm AC	Zumba w/ Alison Webb •• 5:35-6:25pm AC	Dance Fitness w/ April McFarlin •• 5:30-6:25pm AC		
	§ Co-Ed Volleyball 4:30-8:00pm AG	Cycle 45 w/ Kim Clayton • 6:00-6:45pm CR			Cycle 45 w/ Tanner Henderson •• 6:00-6:45pm CR		
		Boot Camp w/ Carli Holbrook •• 6:30-7:25pm AC	Total Body Challenge w/ Lauren Howard •• 6:30-7:25pm AC	Kickboxing w/ Summer Nichols •• 6:30-7:30pm AC	Total Body Challenge w/ Summer Nichols •• 6:30-7:25pm AC		
			§ Tai Chi w/ George Brown 6:00-6:45pm RR		§ Tai Chi w/ George Brown 6:20-6:55pm RR		
C L A S S E S			§ Martial Arts w/ Mike 7:00-8:00pm RR		§ Martial Arts w/ Mike 7:00-8:00pm RR		

AC: Aerobic Center  
RR: Recreation Room  
CR: Cycle Room  
AG: Adult Gym  
CTR: Circuit Training Room  
SP: Swimming Pool

Intensity Level  
• - Low  
•• - Moderate  
••• - High  
§ - Paid class