



# GROUP FITNESS SCHEDULE JUNE 2023

|  | Sunday                             | Monday   | Tuesday   | Wednesday  | Thursday  | Friday   | Saturday   |
|--|------------------------------------|--|---|--|---|--|--|
| M<br>O<br>R<br>N<br>I<br>N<br>G<br><br>C<br>L<br>A<br>S<br>S<br>E<br>S |                                    | Cycle 45 • w/ Lisa Pennington<br>5:30-6:15 CR                  | Bootcamp w/ Karen Pierzala ••<br>5:30-6:25 AC                 | Cycle 45 •• w/ Lisa Pennington<br>5:30-6:15 CR                 |   | Circuit Training w/ Karen Pierzala ••<br>5:30-6:30 CTR         |  |
|  |                                    | Cross Training w/ Tracy Hilman ••<br>5:30-6:25 AG              |   |  | Cross Training w/ Tracy Hilman ••<br>5:30-6:25 AG             |  |  |
|  |                                    |  | Yoga • w/ Brittany Tackett<br>8:00-8:45 RR                    |  | Yoga • w/ Andrea Hall<br>8:00-8:45 RR                         |  |  |
|  |                                    | Silver Toning •<br>w/ Brianna Reapsummer<br>8:00-8:50 AC       | Basic Step •<br>w/ Carol Lewis<br>8:30-9:00 AC                | Silver Toning •<br>w/ Andrea Hall<br>8:00-8:50 AC              |   | Silver Toning •<br>w/ Julie Vinson<br>8:00-8:50 AC             |  |
|  |                                    | Circuit Training w/ Brooke Yanik<br>•••<br>9:00-9:55 CTR       | Total Body w/ Zach Adkins<br>••<br>9:00-9:55 AC               | Bootcamp w/ Brooke Yanik ••<br>9:00-9:55 AC                    | Total Body w/ Zach Adkins ••<br>9:00-9:55 AC                  | Circuit Training w/ Brooke Yanik •••<br>9:00-9:55 CTR          | Circuit Training w/ Brooke Yanik ••<br>9:00-9:55 CTR |
|  |                                    | Boot Camp ••<br>w/ Brianna Reapsummer<br>9:00-9:55 AC          | Pilates •<br>w/ Carol Scott<br>9:00-9:55 RR                   |  | Pilates •<br>w/ Carol Scott<br>9:00-9:55 RR                   | Core & More ••<br>w/ Casey Faulkner<br>9:00-9:50 AC            | Yoga •<br>w/ Jodi Fields<br>9:00-9:55 RR             |
|  |                                    | Silver Cardio w/ Andrea Hall •<br>9:00-9:45 RR                 | Silver Sneakers w/ Carol Scott •<br>10:00-10:45 RR            | Silver Cardio w/ Andrea Hall •<br>9:00-9:45 RR                 | Silver Sneakers w/ Carol Scott •<br>10:00-10:45 RR            | Silver Cardio w/ Andrea Hall •<br>9:00-9:45 RR                 | Zumba w/ Alison Webb ••<br>10:00-10:55 AC            |
|  |                                    | <u>Aqua</u> Dance & Tone w/<br>Nancy Haney •<br>9:00-11:00 SP  | <u>Aqua</u> Dance & Tone w/<br>Carol Lewis •<br>9:00-11:00 SP | <u>Aqua</u> Dance & Tone w/<br>Carol Lewis •<br>9:00-11:00 SP  | <u>Aqua</u> Dance & Tone w/<br>Nancy Haney •<br>9:00-10:00 SP | Pilates • w/ Jodi Fields<br>10:00-10:55 RR                     |  |
|  |                                    | Yoga • w/ Andrea Hall<br>10:00-10:55 RR                        | Zumba w/ Jessica Ortiz ••<br>10:00-10:55 AC                   | Yoga w/ Brittany Tackett •<br>10:00-10:55 RR                   | Zumba w/ Jessica Ortiz ••<br>10:00-10:55 AC                   |  |  |
|  |                                    | <u>Waterwork Wonders</u> w/<br>Mary Blanton •<br>11:00-noon SP | Cycle Sculpt •• w/<br>Brooke Yanik<br>10:00-11:00 CR          | <u>Waterwork Wonders</u> w/<br>Mary Blanton •<br>11:00-noon SP | Cycle Sculpt •• w/<br>Brooke Yanik<br>10:00-11:00 CR          | <u>Waterwork Wonders</u> w/ Mary<br>Blanton •<br>11:00-noon SP |  |
| E<br>V<br>E<br>N<br>I<br>N<br>G<br><br>C<br>L<br>A<br>S<br>S<br>E<br>S |                                    | Yoga w/ Tammy Jackson •<br>5:30-6:25 RR                        | K-Pop, Kids Dance Class<br>w/ Casey Faulkner<br>5:30-6:15 RR  | Power Yoga w/<br>Tammy Jackson ••<br>5:30-6:25 RR              | K-Pop, Kids Dance Class<br>w/ Casey Faulkner<br>5:30-6:15 RR  |  |  |
|  |                                    | Dance Fitness w/ Christy Lawson<br>••<br>5:35-6:25 AC          | Dance Fitness w/ Christy Lawson ••<br>5:35-6:25 AC            | Zumba w/ Alison Webb ••<br>5:35-6:25 AC                        | Dance Fitness w/ April McFarlin ••<br>5:30-6:25 AC            |  |  |
|  | § Co-Ed Volleyball<br>4:00-7:30 AG | Cycle 45 w/ Kim Clayton •<br>6:00-6:45 CR                      |   |  | Cycle 45 w/ Tanner Henderson ••<br>6:00-6:45 CR               |  |  |
|  |                                    | Boot Camp w/ Tyler Shelton •••<br>6:30-7:25 AC                 | Total Body Challenge w/<br>Breann Perry •••<br>6:30-7:25 AC   | Kickboxing w/<br>Summer Nichols ••<br>6:30-7:30 AC             | Total Body Challenge<br>w/ Summer Nichols •••<br>6:30-7:25 AC |  |  |
|  |                                    |  | § Tai Chi w/ George Brown<br>6:20-7:00 RR                     |  | § Tai Chi w/ George Brown<br>6:20-7:00 RR                     |  |  |
|  |                                    | § Kids Baton w/ Kimberly<br>6:30-7:15 RR                       | § Martial Arts w/ Mike<br>7:00-8:00 RR                        |  | § Martial Arts w/ Mike<br>7:00-8:00 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