

LAND GROUP FITNESS SCHEDULE

DAY	TIME	CLASS	INSTRUCTOR	DAY	TIME	CLASS	INSTRUCTOR	
Monday	7:15am	Core & More	Sania	Tuesday	8:00am	Yoga	Anh Chi	
	9:00am	Hi - intensity/Lo - Impact	Hattie		9:05am	Muscle Pump	Kyle	
	10:00am	Silver Sneaker Classic	Sandie		10:00am	Beginner Spin / Cycle	Kyle	
	11:00am	Low Impact	Hattie		11:00am	Silver Sneakers	Lisa	
	12:00pm	Vinyasa Flow Yoga	George		12:00pm	Strength & Balance	Linda M.	
	1:00pm	Sr. Cardio/Strength	Hattie		1:00pm	Strength & Balance	Linda M.	
	2:00pm	Sr. Flexibility	Hattie		5:30pm	Advanced Spin / Cycle	Kyle	
	3:00pm	Corilate (Core and Pilates)	Lisa					
	5:30pm	Bootcamp	Kyle					
	6:30pm	Step	Nicole					
DAY	TIME	CLASS	INSTRUCTOR	DAY	TIME	CLASS	INSTRUCTOR	
Wednesday	7:15am	Core & More	Sania	Thursday	8:00am	Gentle Yoga	Anh Chi	
	9:00am	Tai Chi	Jude		9:05am	Muscle Pump	Kyle	
	10:00am	Silver Sneaker Classic	Hattie		10:00am	Strength & Balance	Lisa	
	11:00am	RTW Cancer Survivor Class *	Terry		11:00am	Silver Sneakers	Lisa	
	12:00pm	Low Impact	Hattie		12:00pm	Meditation	Jude	
	1:00pm	Sr Cardio / Strength	Hattie		1:00pm	Strength & Balance	Lisa	
	2:00pm	Sr. Flexibility	Hattie		2:00pm	Yoga	Anh Chi	
	5:30pm	Tabata Bootcamp	Sharrell		3:00pm	Corilates (Core and Pilates)	Lisa	
	7:30pm	Prenatal Fitness *	OH Baby! Fitness	5:30pm	Alternate Conditioning	Sharrell		
				6:30pm	Cardio Mix	Sharrell		
DAY	TIME	CLASS	INSTRUCTOR	DAY	TIME	CLASS	INSTRUCTOR	
Friday	7:15am	Core & More	Sania	Sat	8:30am	Vinyasa Flow Yoga	George	
	8:00am	Yoga	Anh Chi					
	9:00am	Tai Chi	Jude					
	10:00am	Silver Sneaker classic	Sandie					
	11:00am	Chair Yoga	George					
	12:00pm	Senior Bootcamp	Hattie					
All classes are subject to change				Sun	8:30-10:00am	Chair Yoga	George	

WATER GROUP FITNESS SCHEDULE

DAY	TIME	CLASS	INSTRUCTOR	DAY	TIME	CLASS	INSTRUCTOR
Monday	9:00am	Easy Motion	Sharman	TUESDAY	9:00am	Aqua-Zumba #	Nicole
	10:00am	Mindful Motion	Sharman		10:00am	Aqua Zumba #	Nicole
	11:00am	Water Therapy*	PT Staff		12:00pm	Easy Motion	Sandie
	1:00pm	Strength & Balance	Linda M.		2:00pm	Water Therapy*	PT Staff
	4:00pm	Aqua Volleyball	Wellness Coach		5:05pm	Aqua-fitness	Sharrell
	7:00pm	Aqua-fitness	Hattie		6:00pm	Aqua-fitness	Sharrell
DAY	TIME	CLASS	INSTRUCTOR	DAY	TIME	CLASS	INSTRUCTOR
Wednesday	9:00am	Strength & Balance	Lisa/Nicole	Thursday	8:00am	Aqua Tabata	Marcy
	10:00am	Aqua Bootcamp	Nicole/Lisa		9:00am	Aqua-fitness	Sandie
	11:00am	Water Therapy*	PT Staff		10:00am	Aqua-fitness	Sandie
	1:00pm	Aqua - Fitness	Linda M.		2:00pm	Water Therapy*	PT Staff
	4:00pm	Aqua-fitness	Hattie		5:05pm	Aqua-fitness	Linda H.
	7:05pm	Aqua - Fitness	Hattie	6:00pm	Aqua - fitness	Linda H.	
DAY	TIME	CLASS	INSTRUCTOR	DAY	TIME	CLASS	INSTRUCTOR
Friday	9:00am	Aqua-fitness	Sandie	Sat	8:30am	Aqua-fitness	
	10:00am	Aqua-fitness	Hattie		9:30am	Aqua-fitness	
	1:00pm	Volleyball	Wellness Coach				
	4:00pm	Aqua-fitness	Hattie				
		# indicates a class limit of 30. Please RSVP at front desk 15 minutes prior to class start time.	*Indicates that you must be involved in therapy for the class.	1st & 4th Sat - Hattie 2nd & 5th Sat - Sandie, 3rd Sat - Marcy			