

Fitness Class Schedule

September 11 - October 27 (7 Weeks)

*Any Classes Marked With An *Asterisk Will Run For 6 Weeks (No Classes October 2 - 6)*

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------|---|--|---|--|---|
| 6 - 7 am | *Spin & Abs 6 - 6:45 am (Laurie) | | *Spin & Abs 6 - 6:45 am (Laurie) | | AM Bootcamp 6:30 - 7 am (Kim) |
| 9 - 10 am | | 'Strong Mom' 9:15 - 10:00am (Kim) | ChairFit 9:15 - 9:45am (Kim) | Lift 101 For Women 9:15 - 10:00am (Kim) | |
| 10 - 11 am | Aquafitness 10 - 10:45 am (Kim) | Seniors 65+ 10:30 - 11:15 am (Kim) | Aquafitness 10 - 10:45 am (Kim) | Seniors 65+ 10:30 - 11:15 am (Kim) | Aquafitness 10 - 10:45 am (Kim) |
| 12 - 1 pm | | | Step Class 12:10 - 12:40 pm (Kim) | | TRX Blast 12:10 - 12:40 pm (Kim) |
| 5 - 6 pm | *WOD (Workout Of the Day) 5 - 5:45 pm (Kim/Laurie/Renate) | Strength & Sculpt (Upper Body) 5 - 6 pm (Renate) | 6-Pack Abs 5 - 5:45 pm (Renate) | Strength & Sculpt (Lower Body) 5 - 6 pm (Renate) | |
| 6 - 7 pm | | *Spin 6 - 6:45 pm (Laurie) | Power Circuit 6 - 7 pm (Renate) | *Spin & Stretch 6 - 7 pm (Laurie) | |
| 7 - 8 pm | Aqua Bootcamp 7:15 - 8 pm (Kim/Laurie) | | Aqua Bootcamp 7:15 - 8 pm (Kim/Laurie) | | |