

Gene Fullmer Recreation Center

Group Fitness Schedule- Effective May 6, 2017

LAND FITNESS CLASSES

	Mon	Tue	Wed	Thu	Fri	Sat
5:30 AM	Kickbox X-Fit 5:30-6:30 (Tiffany)	HIIT 5:30-6:30 (Karisa)	X-Fit 5:30-6:30 (Tiffany)	Power Flex 5:30-6:30 (Karisa)	Sports Cycling 5:30-6:30 (Karisa)	
7:00 AM						Power Flex 7:00-8:30 (Jan)
8:35 AM						Zumba® Burst 8:35-9:35 (Ashley)
9:15 AM	Kickbox X-Fit 9:15-10:30 (Allison)	Power Flex 9:15-10:15 (Jan)	X-Fit 9:15-10:15 (Allison)	Spin & Strength 9:15-10:15 (Allison)	Mania 9:15-10:30 (Allison)	High Fitness® 9:35-10:35 (Cassie)
10:15 AM	Pilates 10:30-11:30 (Jan)	Strong by Zumba® 10:20-11:20 (Claudia)	Work the Core 10:15-10:45 (Allison)	Heart Rate Barre 10:15-11:15 (Allison)	Yoga 10:30-11:30 (Allison)	
5:00 PM		Functional Fitness 5:00-5:45 (TyAnne) - on the track -				
6:00 PM	High Fitness® 6:00-7:00 (Haley)	Heart Rate Barre 6:00-7:00 (Micah)	Cardio Bootcamp 6:00-7:00 (Amy)	Zumba® 6:00-7:00 (Micah)		
7:00 PM	Functional Fitness 7:00-8:00 (Kimmi) - on the track -	Power Flex 7:00-8:00 (Jan)		Power Flex 7:00-8:00 (Micah)		
8:00 PM		Yoga 8:00-9:00 (Kimmi)		Yoga 8:00-9:00 (TyAnne)		

**All classes are
ADA accessible
with modifications.**

WATER FITNESS CLASSES

	Mon	Tue	Wed	Thu	Fri	Sat
7:00 AM						Aqua Board (Cathy/TyAnne/Sandee)
8:00 AM	Deep Power 8:00-9:00 (Cathy)	Deep Power / Cardio Bursts 8:00-9:00 (Terri)	Deep Power / Calorie Burn 8:00-9:00 (Cindy)	The Works 8:00-9:00 (Cathy)	Deep Power 8:00-9:00 (Marie/Leo)	Deep Power / Calorie Burn (Marie/Leslee/Cathy/Leo)
9:00 AM	The Works 9:00-10:00 (Cindy)	Calorie Burn / Cardio Bursts 9:00-10:00 (Terri)	Calorie Burn / Anchored Down 9:00-10:00 (Cindy)	Calorie Burn 9:00-10:00 (Sandee)	Anchored Down 9:00-10:00 (Leo)	
10:30 AM	Aqua Board 10:30-11:15 (TyAnne)			Aqua Board 10:30-11:15 (Sandee)		
11:30 AM				Aqua Board 11:30-12:15 (Sandee)		
7:30 PM	Calorie Burn 7:30-8:30 (Cindy)	Aqua Board 7:45-8:30 (Cathy/Micah)	The Works 7:30-8:30 (Tanya)			

Aqua Board classes: Spots for Aqua Board are limited.

Participants can reserve a board in person or online at activityreg.com prior to attending.

Participants must check in at front desk to scan membership or pay to attend class.

Classes subject to change without notice!!!!

**EACH PARTICIPANT MUST SCAN THEIR MEMBERSHIP CARD OR PURCHASE A DAY PASS FROM THE FRONT DESK!
PATRONS MUST BE 16 YEARS OR OLDER TO ATTEND CLASSES. 14 & 15 YEAR OLDS WHO ARE CERTIFIED MAY ATTEND CLASS**