

Dimple Dell Fitness & Recreation Aerobics Schedule

AEROBICS ROOM

** CLASSES ARE SUBJECTED TO CHANGE WITHOUT NOTICE!!

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45 AM	AM Jumpstart Vicky	Pilates Jenn	AM Jumpstart Vicky		Stretch & Strengthen Kimmi	Zumba - 7 AM Brittney
8:00 AM	Pilates Jenn A.	Power Pump Bethne	Cardio/Interval Jenn A.	Power Pump Bethne	Pilates Jenn A.	Power Pump Paula
9:00 AM	Multi-Step Jenn A.	Power Pump Bethne	Pilates Jenn A.	Power Pump Bethne	Step/Interval Jenn A.	Metabolic Condition Paula
10:00 AM	Yoga Sara W.	Keep Moving Bethne	Yoga Val J.	Keep Moving Bethne	Yoga Kimmi	Yoga Kimmi
11:00 AM	Yoga and You 101 Kimmi		Yoga and You 101 Kimmi		Yoga and You 101 Kimmi	BollyX Masuda/Linda
5:30 PM	Zumba Lisa M.		Zumba Lisa M.		TRACK	
6:30 PM	Power Pump Paula	BollyX Hannah	Power Pump Paula	*Zumba- 6PM* Lisa M.	Saturday 8:00 - 9:00 am	Functional Fitness Kimmi M.
7:30 PM	HIIT/Healthy Movement 7:30/8:00/Paula	Yoga Val J.	Yoga Kimmi	Yoga Val J.	Check with Front Desk for holiday hours!	

SMALL GYM

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	Friday
9:00 AM	Zumba Kristi N.	Zumba GOLD Michelle B.	Zumba Kristi N.	Zumba GOLD Michelle B.	Zumba Toning Shelly S.
10:00 AM		Zumba Michelle B.		Zumba Michelle B.	



MULTI-PURPOSE ROOM

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45 AM	Cycling Jenn A.		Cycling Jenn A.	Cycling Jenn A.		Cycling - 8 AM Kellie W.
9:00 AM		Cycling Jenn A.		Cycling Jenn A.	Insanity/Boxing Lisa M. (30 min each)	
10:00 AM	Strength & Stretch Peggy S.		Track Theresa H.		Strength & Stretch Peggy S.	
11:00 AM			Core Strength Theresa (10:45-11:30)			
5:30 PM	Cycling Scott A.		Cycling Scott A.			

INDOOR WATER AEROBICS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 AM	Val B.	Mechel H.	Deep Water Val J.	1/2 and 1/2 Kimmi M.	Deep Water Val J.	
9:00 AM	Val B.	Theresa H.	Intervals Val J.	Theresa H.	Intervals Peggy S.	
10:00 AM	Water Walking Monica H.	Pilates Theresa H.	Water Walking Karen P.	Pilates Theresa H.	Aqua Zumba Karen P.	Water Aerobics Rotating
11:00 AM	Seniors & Friends Peggy S.	Seniors & Friends Theresa H.	Seniors & Friends Karen P.	Seniors & Friends Theresa H.	Seniors & Friends Peggy S.	
8:00 PM		Val J.		Peggy S.		

Holiday Hours

Check with the front desk or online for our holiday hours.

Fitness Room Orientation

Offered once a month on the Third Saturday of each month. Ask the Front Desk for more information.

Personal Training

Get in shape fast with personal help from a certified personal trainer. Prices and workout plans vary, see front desk.