

NORTHWEST RECREATION CENTER GROUP FITNESS SCHEDULE

Effective as of
01/09/2023



MORNING

EVENING

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM			Yoga w/ Lisa @ 6:05AM			
8:00 AM		Yoga w/ Lisa @ 7:45 am		Yoga w/ Lisa @ 7:45 am		Yoga w/ Don & Lisa
9:00 AM	Cycling w/ Linda	Zumba & Power Fit w/Jessica	Barre w/ Kerri	Strength & Conditioning w/ Katherine	Barre w/ Kerri	Zumba w/ Julieta @ 9:15AM
10:00 AM	Zumba w/ Linda		Zumba w/ Julieta		Zumba w/ Gail	
5:00 PM						*classes are subject to cancel or change without notice
6:00 PM	Zumba w/ Patti	Yoga w/ Julieta	CDF & PowerFit w/ Jessica	Cycling w/ Linda	Zumba & Stretch w/ Julieta	
7:00 PM	Yoga w/ Don	Zumba w/ Addy	High Fitness w/ Paige	Zumba w/ Jessica		
8:00 PM				Step w/ Jessica (30 MIN)		

