

February Group Fitness Schedule



Monday

6:00 AM- Big Fitness (Adrienne Elkins)
9:15 AM- Trim Tummies (Sara Denune)
10:00 AM- Water Aerobics (Kathy Frank)
10:00 AM- Extreme Fitness Boot Camp (Joe Newland)
11:15 AM- Arthritis Aquatics Program (Kathy Frank)
5:00 PM- Arthritis Land Based Program (Kathy Frank)
6:00 PM- Water Aerobics (Sara Denune)
6:15 PM- Low Impact Aerobics (Kathy Frank)
7:15 PM- Kickboxing (Adrienne Elkins)

Wednesday

6:00 AM- Big Fitness (Adrienne Elkins)
10:00 AM- Water Aerobics (Kathy Frank)
11:15 AM- Arthritis Aquatics Program (Kathy Frank)
6:00 PM- SWAT (Sara Denune)
6:00 PM- Water Aerobics (Kathy Frank)
7:15 PM- Yoga (Rich Hart)

Saturday

8:30 AM- SWAT (Sara Denune)
10:00 AM- Boot Camp (Joe Newland)
11:30 AM- Beginner Yoga (Amber Barnstable)

Tuesday

8:30 AM- Water Aerobics (Sara Denune)
5:30 PM- Tae Kwon Do (Craig Burris)
6:00 PM- Ultimate Conditioning (Adrienne Elkins)
7:00 PM- Indoor Cycling (Adrienne Elkins)

Thursday

10:00 AM- Extreme Fitness Boot Camp (Joe Newland)
5:00 PM- Arthritis Land Based Program (Kathy Frank)
6:15 PM- Low Impact Aerobics (Kathy Frank)
7:30 PM- Belly Dancing 101 (Mia)

Friday

6:00 AM- Indoor Cycling (Adrienne Elkins)
8:30 AM- Water Aerobics (Sara Denune)
10:00 AM- Strength and Tone (Kathy Frank)

Sunday

11:00 AM- Indoor Cycling (Adrienne Elkins)
12:00 PM- Power Yoga (Adrienne Elkins)

For more information about the group fitness classes, pick up the Fitness Guide at the front desk!