



## GROUP FITNESS SCHEDULE Fall II 2018 (October 29-December 21)



Time/Days	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 - 6:15 AM	Step Challenge MPR (Rose)	Group Cycling LL (Colleen)	Step Challenge MPR (Rose)	Group Cycling LL (Neal)	TGIF Interval Training• MPR (Rose)	
6:15 - 6:30 AM	Ab Blast•• MPR (Rose)		Ab Blast•• MPR (Rose)		Ab Blast•• MPR (Rose)	
7:00 - 7:45 AM	Stretch MPR (Kathy)		Stretch MPR (Kathy)		Gentle Stretch (7-7:30)• MPR (Fiona)	
8:00 - 8:45 AM	Get Up and Go MPR (Diana)	Aqua Jogging• Pool (Janice)	Get Up and Go MPR (Robin)	Aqua Jogging• Pool (Janice)	SS Classic• MPR (Fiona)	
8:15 - 9:00 AM	Aqua Exercise Pool (Marilyn)		Aqua Exercise Pool (Marilyn)		Aqua Exercise Pool (Marilyn)	
8:50 - 9:20 AM			Chair Yoga MPR (Robin)			
9:00 - 10:00 AM		Fit for Life• MPR (Kathy)		Fit for Life• MPR (Kathy)		Zumba® MPR (Nickole)
9:00 - 9:45 AM			Aqua IMPROV Pool (Staff)		Aqua IMPROV Pool (Staff)	
			Group Cycling LL (Leanne)		Group Cycling LL (Teresa)	
9:30 - 10:15 AM	SS Boom Mind• MPR (Fiona)		SS Boom Move• MPR (Diana)			
10:00-10:45 AM			SS Splash Pool (Christine)			
10:15 - 11:15 AM		Yoga MPR (Irena)		Yoga MPR (Irena)		
10:30 - 11:15 AM	SS Classic• MPR (Fiona)		SS Classic• MPR (Diana)			
12:00-12:30PM	Quick 30 MPR (Matt)					
1:00-1:45	Aqua Wet Workout Pool (Deb)		Aqua Wet Workout Pool (Deb)			
4:45-5:25 PM		Strong by Zumba® MPR (Nickole)				
5:15 - 6:00 PM		Aqua Wet Workout Pool (Deb)		Aqua Wet Workout Pool (Deb)		
5:30 - 6:15 PM	Group Cycling LL (Neal)	Body Workshop• MPR (Erica)		Body Workshop• MPR (Erica)		
	Deep Water Aqua Pool (Christine)	Beginner's Weightlifting LL (Matt)	Aquarobics• Pool (Dovie)			
5:30 - 6:30 PM	Yoga MPR (Robin)					
	Boot Camp LL (Emarc)		Boot Camp LL (Nickole)			
6:15- 7:00 PM				Group Cycling LL (Leanne)		
6:15 - 7:15 PM		Zumba® MPR (Nickole)	MPR Highland 6:30-8 PM	Zumba® MPR (Nickole)		
6:40 - 7:20 PM	Community Core MPR (Ammon)		MPR Highland 6:30-8 PM			

•Indicates class is FREE to Y members

••Indicates class is FREE to members and non-members

NOTE: Please be aware that our pool is a multi-use pool with several activities occurring at the same time.