



Spring Break Fitness Schedule



Event	Event Day	Event Time	Facility	Instructor
Monday, March 16				
Total Body Training	Monday	5:30A-6:15A	Gym 3	Sara K.
Aqua Intervals	Monday	8:00A-8:45A	Leisure Area 5	Janice K.
Power Hour	Monday	8:30A-9:15A	Gym 3	Craig F.
Senior Strength Training	Monday	9:00A-9:45A	Studio C	Nicole R.
Muscle Mania	Monday	10:15A-11:15A	Studio C	Craig F.
Aerobic Waves	Monday	10:00A-11:00A	Leisure Area 5	Janice K.
Hot Soul Fusion	Monday	4:15P-5:00P	Studio D	Jenni J.
Muscle Mania	Monday	5:15P-6:00P	Gym3/Studio R	Logan A.
Just Spin	Monday	6:00P-6:45P	Cycle Studio	Paula M.
Tuesday, March 17				
DRC+	Tuesday	5:15A-6:00A	Studio C	Staff
Aqua Zumba Mix	Tuesday	5:15A-6:00A	Leisure Area 5	Stephanie S.
Pumping Water	Tuesday	7:30A-8:30A	Leisure Area 5	Carol R.
Barre Pilates	Tuesday	8:15A-9:00A	Studio R	Cindy C.
Bounce and Burn Express	Tuesday	9:15am-9:45am	Studio C	Tiffany S.
Cardio Splash	Tuesday	9:30A-10:15A	Leisure Area 5	Rhene B.
Teen Weightlifting (12-15)	Tuesday	9:30A-10:15A	Fitness Center	Logan A.
Youth Bootcamp (8-12)	Tuesday	4:00P-4:45P	Studio C	Cassey B.
Power Sculpt	Tuesday	5:30P-6:15P	Studio C	Jenni J.
Aqua Splash	Tuesday	5:45P-6:30P	Leisure Area 5	Pattie E.
Hot Yoga	Tuesday	7:30P-8:30P	Studio D	Kari W.
Wednesday, March 18				
Total Body Training	Wednesday	5:30A-6:15A	Studio C	Sara K.
Tabata Waves	Wednesday	8:00A-8:45A	Leisure Area 5	Janice K.
Power Hour	Wednesday	8:30A-9:15A	Gym 3	Craig F.
Senior Strength Training	Wednesday	8:00A-8:45A	Studio R	Angela O.
Cardio Core	Wednesday	9:00A-10:00A	Studio C	Cindy C.
Aerobic Waves	Wednesday	10:00A-11:00A	Leisure Area 5	Janice K.
Dance Fit	Wednesday	6:30P-7:30P	Studio C	Cait M.
Hot Yoga	Wednesday	7:30P-8:30P	Studio D	Kari W.
Thursday, March 19				
Early Morning Boot Camp	Thursday	5:15A-6:00A	Gym 3	Logan A.
Pumping Water	Thursday	7:30A-8:30A	Leisure Area 5	Carol R.
Barre Pilates	Thursday	8:15A-9:00A	Studio R	Cindy C.
Making the Cut	Thursday	8:15A-9:00A	Studio C	Craig F.
Cardio Splash	Thursday	9:30A-10:15A	Leisure Area 5	Rhene B.
Teen Weightlifting (12-15)	Thursday	9:30A-10:15A	Gym 3	Logan A.
Youth Bootcamp (8-12)	Thursday	4:00P-4:45P	Studio C	Cassey B.
Hot Yoga	Thursday	5:30P-6:30P	Studio D	Kelli F.
Dance Fit	Thursday	6:45P-7:45P	Studio C	Jessica M.
Friday, March 20				
Total Body Training	Friday	5:30A-6:15A	Gym 3	Sara K.
B.A.S.E.	Friday	8:15A-9:00A	Leisure Area 5	Rhene B.
Power Hour	Friday	8:30A-9:15A	Gym 3	Craig F.
Cardio Core	Friday	9:00A-10:00A	Studio C	Cindy C.
Hydro H.I.I.T.	Friday	9:00A-9:45A	Leisure Area 5	Rhene B.
Mobility and Strength	Friday	10:15A-11:15A	Studio C	Craig F.

NO CLASSES on Saturday, March 21 and Sunday, March 22