



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WELLNESS CENTER GROUP EXERCISE SCHEDULE JANUARY 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Step/Sculpt Crystie L1-3 6-6:45am	SPIN w/Trish 5:45-6:30am	Step/Sculpt Crystie L1-3 6:00-6:45am	SPIN w/Trish 5:45-6:30am	SPIN w/Trish 5:00-6:00am		Sculpt & Sweat w/ Elaine L 2-3 CO 2:00-3:00pm
Spin Combo w/Trish L 2-3 C1-2 8:15-9:15am	Cardio Strength/ Core Mix W/Halie L 2-3 8:30-9:15	Spin Combo w/Trish L 2-3 C1-2 8:15-9:15am	Sculpt & Sweat Express W/ Jo D 8:30am-9:15am	Step/Sculpt W/Crystie L1-3 6-6:45am	Step 9:30-10:30 W/Crystie	
Fit over 50! W/ Sylvia L1-2 CO 9:20-10:20am	YO – CHI W/ Colleen 10:30-11:30am L2-3	Fit over 50! W/ Sylvia L1-2 C-O 9:20-10:20am	Beginner/Gentle Yoga W/Sheila 10:15-11:15am	Sculpt/Core w/Mickey L1-3 8:15-9:15am		
Step/Sculpt W/Colleen 10:30-11:35am L2-3-C1	Beginner/Gentle Yoga W/Barbara 11:45-12:45pm	Sculpt & Sweat Interval w/Colleen L2-3 C1 10:30-11:30am	Sculpt & Spin W/Melissa L2-3 C2 4:30-5:30pm	Pilates w/ Colleen 11:00-12:00PM L1-3 CO		
Pilates W/Colleen L1-3 CO 12:00-1:00pm	Step W/Crystie L1-3 C-2 5:15-6:15pm	Pilates W/Colleen L1-3 CO 12:00-1:00pm	Zumba W/ Sandra 6:00 – 7:00pm	Sit to be Fit w/ Sylvia L1 CO 2-3:00pm	SPIN SCHEDULE	
Sit to be Fit w/ Sylvia L1 CO 2:00-3:00pm	Zumba Express w/Alicia 6:30-7:25pm	Sit to be Fit w/ Sylvia L1- CO 2:00-3:00pm	Sculpt & Sweat w/ Elaine L2-3 CO 7:30-8:30pm	Sculpt/ Sweat w/ Crystie L2-3 CO 4:10-5:00pm	Tues – 5:45am – 6:30am W/ Trish Thurs- 5:45am – 6:30am W/ Trish Fri- 5:00am – 6:00am W/Trish	
Cardio/Strength w/ Mickey L1-3 C1-2 5:30-6:20pm	Sculpt & Sweat W/Elaine L2-3 CO 7:30-8:30pm	Sculpt & Sweat w/Melissa L2-3 CO 4:30-5:25pm				
		HIRT High Intensity Resistance Training w/ Jordan 5:30 – 6:15 pm			*****NEWS*****	
		Zumba W/Katie 6:15 – 7:15pm			We will be closed 1/1/19.	
					L – Level C- Choreography CO - Little/No L1 – Beginner C1 – Low Level L2 – Intermediate C2 – Intermediate L3 – Advanced C3 – High Level	

Hours of Operation:
Mon - Fri – 5:00am - 9:30pm
Saturday – 7:30am – 6:00pm
Sunday – 1:00 pm – 6:00pm

Child Watch Hours:
Mon - Fri – 8:00am – 12:00pm
Saturday – 8:30am – 12:00pm
Mon-Thu – 3:30pm – 7:30pm
Friday – 3:30pm – 6:00pm