



# FITNESS CLASS SCHEDULE

# APRIL 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:00am-6:00am <b>*RHYTHM &amp; RIDE</b> Lee & Sherri Wilbers Ex. Room Taylor Looten-Elliott	5:30am-6:30am <b>PURE STRENGTH</b> Lee & Sherri Wilbers Ex. Room Rochelle Duncan	5:00am-6:00am <b>*RHYTHM &amp; RIDE</b> Lee & Sherri Wilbers Ex. Room Taylor Looten-Elliott	5:30am-6:30am <b>PURE STRENGTH</b> Lee & Sherri Wilbers Ex. Room Rochelle Duncan	5:15am-6:15am <b>*BOOT CAMP</b> Turf Room Rochelle Duncan	9:00am-10:00am <b>3-2-1 BODY BLAST</b> Lee & Sherri Wilbers Ex. Room Rochelle Duncan
	5:15am-6:15am <b>*BOOT CAMP</b> Turf Room Rochelle Duncan	9:00am-9:45am <b>SILVER SNEAKERS</b> Lee & Sherri Wilbers Ex. Room Donna Wren	5:15am-6:15am <b>*BOOT CAMP</b> Turf Room Rochelle Duncan	9:00am-9:45am <b>SILVER SNEAKERS</b> Lee & Sherri Wilbers Ex. Room Donna Wren	8:00am-9:00am <b>YOGA - LEVEL 1</b> Small Group Ex. Room Lawren Mordica	
	8:00am-9:00am <b>YOGA - LEVEL 1</b> Small Group Ex. Room Lawren Mordica	10:00am-10:45am <b>SILVER SNEAKERS YOGA</b> Lee & Sherri Wilbers Ex. Room Donna Wren	8:00am-9:00am <b>YOGA - LEVEL 2</b> Small Group Ex. Room Lawren Mordica	10:00am-10:45am <b>SILVER SNEAKERS YOGA</b> Lee & Sherri Wilbers Ex. Room Donna Wren		
	9:00am-10:00am <b>TECHNO GYM</b> Fitness Center Taylor Looten-Elliott	3:30pm-4:45pm <b>*MS PERFORMANCE TRNG</b> Turf Room Victoria Hoover	9:00am-10:00am <b>TECHNO GYM</b> Fitness Center Taylor Looten-Elliott	3:30pm-4:45pm <b>*MS PERFORMANCE TRNG</b> Turf Room Victoria Hoover		
	6:00pm-6:30pm <b>TOTAL CORE</b> Lee & Sherri Wilbers Ex. Room Melissa Karotka	5:00pm-7:00pm <b>*JIU-JITSU</b> Turf Room Mario Mejia	6:00pm-6:30pm <b>GLUTES &amp; ABS</b> Lee & Sherri Wilbers Ex. Room Melissa Karotka	5:00pm-7:00pm <b>*JIU-JITSU</b> Turf Room Mario Mejia		
	6:40pm-7:25pm <b>HIIT</b> Lee & Sherri Wilbers Ex. Room Melissa Karotka	6:00pm-7:00pm <b>YOGA - LEVEL 3</b> Small Group Ex. Room Lawren Mordica	6:40pm-7:25pm <b>30 &amp; 30 CIRCUIT</b> Lee & Sherri Wilbers Ex. Room Melissa Karotka	6:00pm-7:00pm <b>PURE STRENGTH</b> Lee & Sherri Wilbers Ex. Room Rochelle Duncan		
		6:00pm-7:00pm <b>PURE STRENGTH</b> Lee & Sherri Wilbers Ex. Room Rochelle Duncan				

■ Fitness Center

■ Lee & Sherri Wilbers Exercise Room

■ Small Group Exercise Room

■ Turf Room

\*Fee based classes. Registration required.