



ACTIVITY SCHEDULE

JANUARY 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:15am-6:15am *BOOT CAMP Turf Room Rochelle Duncan	5:00am-6:00am *SB ELITE FITNESS Turf Room Jami Troth	5:15am-6:15am *BOOT CAMP Turf Room Rochelle Duncan	5:00am-6:00sam *SB ELITE FITNESS Turf Room Jami Troth	5:15am-6:15am *BOOT CAMP Turf Room Rochelle Duncan	9:00am-10:00am January 8th & 22nd RHYTHM & RIDE Lee & Sherri Wilbers Ex. Room Jessica Crump
	8:00am-9:00am YOGA - LEVEL 1 Lee & Sherri Wilbers Ex. Room Lawren Mordica	5:30am-6:30am PURE STRENGTH Lee & Sherri Wilbers Ex. Room Rochelle Duncan	8:00am-9:00am YOGA - LEVEL 2 Lee & Sherri Wilbers Ex. Room Lawren Mordica	5:30am-6:30am PURE STRENGTH Lee & Sherri Wilbers Ex. Room Rochelle Duncan	8:00am-9:00am YOGA - LEVEL 1 Lee & Sherri Wilbers Ex. Room Lawren Mordica	10:15am-11:15am January 8th & 22nd STRENGTH-BASED HIIT Small Group Ex. Room Jessica Crump
	5:15pm-6:15pm MAT PILATES Lee & Sherri Wilbers Ex. Room Jessica Crump	8:30am-9:30am STRENGTH-BASED HIIT Small Group Ex. Room Jessica Crump	9:00am-10:00am TECHNO GYM Fitness Center Victoria Hoover	8:30am-9:30am STRENGTH-BASED HIIT Small Group Ex. Room Jessica Crump	9:00am-10:00am TECHNO GYM Fitness Center Victoria Hoover	
	6:00pm-6:30pm TOTAL CORE Small Group Ex. Room Melissa Karotka	9:00am-9:45am SILVER SNEAKERS Lee & Sherri Wilbers Ex. Room Donna Wren	10:15am-11:00am SILVER SNEAKERS Lee & Sherri Wilbers Ex. Room Donna Wren	9:00am-9:45am SILVER SNEAKERS Lee & Sherri Wilbers Ex. Room Donna Wren		
	6:30pm-7:30pm *RHYTHM & RIDE Lee & Sherri Wilbers Ex. Room Jessica Crump	10:00am-10:45am SILVER SNEAKERS YOGA Lee & Sherri Wilbers Ex. Room Donna Wren	5:15pm-6:15pm MAT PILATES Lee & Sherri Wilbers Ex. Room Jessica Crump	10:00am-10:45am SILVER SNEAKERS YOGA Lee & Sherri Wilbers Ex. Room Donna Wren		
	6:40pm-7:10pm TOTAL BODY CARDIO Small Group Ex. Room Melissa Karotka	5:15pm-5:45pm *MOMENTUM DANCE 2Y Lee & Sherri Wilbers Ex. Room Taylor Heckemeyer	6:00pm-6:30pm GLUTES & ABS Small Group Ex. Room Melissa Karotka	5:15pm-5:45pm *MOMENTUM DANCE 3Y Lee & Sherri Wilbers Ex. Room Taylor Heckemeyer		
		5:45pm-6:15pm *MOMENTUM DANCE 2Y Small Group Ex. Room Taylor Heckemeyer	6:30pm-7:30pm *RHYTHM & RIDE Lee & Sherri Wilbers Ex. Room Jessica Crump	5:30pm-6:30pm *SB ELITE FITNESS Turf Room Lindsay Morris		
		5:30pm-6:30pm *SB ELITE FITNESS Turf Room Lindsay Morris		6:00pm-7:00pm PURE STRENGTH Lee & Sherri Wilbers Ex. Room Rochelle Duncan		
		6:00pm-7:00pm PURE STRENGTH Lee & Sherri Wilbers Ex. Room Rochelle Duncan		6:15pm-7:00pm *MOMENTUM DANCE BALLET 6+ Small Group Ex. Room Taylor Heckemeyer		
		7:00pm-7:45pm *MOMENTUM DANCE 6-7 Lee & Sherri Wilbers Ex. Room Taylor Heckemeyer		7:00pm-7:45pm *MOMENTUM DANCE 4-5 Lee & Sherri Wilbers Ex. Room Taylor Heckemeyer		

■ Fitness Center

■ Lee & Sherri Wilbers Exercise Room

■ Small Group Exercise Room

■ Turf Room

*Fee based classes. Registration required.