



ACTIVITY SCHEDULE

OCTOBER 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:00am-6:00am *RHYTHM & RIDE Lee & Sherri Wilbers Ex. Room Taylor Elliott	5:00am-6:00am *SB ELITE FITNESS Turf Room Taylor Elliott	5:00am-6:00am *RHYTHM & RIDE Lee & Sherri Wilbers Ex. Room Taylor Elliott	5:00am-6:00am *SB ELITE FITNESS Turf Room Taylor Elliott	5:15am-6:15am *BOOT CAMP Turf Room Rochelle Duncan	
	5:15am-6:15am *BOOT CAMP Turf Room Rochelle Duncan	5:30am-6:30am PURE STRENGTH Lee & Sherri Wilbers Ex. Room Rochelle Duncan	5:15am-6:15am *BOOT CAMP Turf Room Rochelle Duncan	5:30am-6:30am PURE STRENGTH Lee & Sherri Wilbers Ex. Room Rochelle Duncan	8:00am-9:00am YOGA - LEVEL 21 Lee & Sherri Wilbers Ex. Room Lawren Mordica	
	8:00am-9:00am YOGA - LEVEL 1 Lee & Sherri Wilbers Ex. Room Lawren Mordica	9:00am-9:45am SILVER SNEAKERS Lee & Sherri Wilbers Ex. Room Donna Wren	8:00am-9:00am YOGA - LEVEL 2 Lee & Sherri Wilbers Ex. Room Lawren Mordica	9:00am-9:45am SILVER SNEAKERS Lee & Sherri Wilbers Ex. Room Donna Wren	9:00am-10:00am TECHNO GYM Fitness Center Lawren Mordica	
	6:00pm-6:30pm TOTAL CORE Lee & Sherri Wilbers Ex. Room Melissa Karotka	10:00am-10:45am SILVER SNEAKERS YOGA Lee & Sherri Wilbers Ex. Room Donna Wren	9:00am-10:00am TECHNO GYM Fitness Center Lawren Mordica	10:00am-10:45am SILVER SNEAKERS YOGA Lee & Sherri Wilbers Ex. Room Donna Wren		
	6:40pm-7:10pm TOTAL BODY CARDIO Lee & Sherri Wilbers Ex. Room Melissa Karotka	5:15pm-5:45pm *MOMENTUM DANCE 2-3 Lee & Sherri Wilbers Ex. Room Taylor Heckemeyer	10:15am-11:00am SILVER SNEAKERS Lee & Sherri Wilbers Ex. Room Donna Wren	5:15pm-5:45pm *MOMENTUM DANCE 2-3 Lee & Sherri Wilbers Ex. Room Taylor Heckemeyer		
		5:30pm-6:30pm *SB ELITE FITNESS Turf Room Lindsay Morris	5:30pm-6:00pm *PARENT-TOT TUMBLING Turf Room Melissa Pasley	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 *JUNIOR TUMBLING Turf Room Melissa Pasley	6:00pm-7:00pm PURE STRENGTH Lee & Sherri Wilbers Ex. Room Rochelle Duncan		
		7:00pm-7:45pm *MOMENTUM DANCE 4-6 Lee & Sherri Wilbers Ex. Room Taylor Heckemeyer	6:00pm-6:30pm GLUTES & ABS Lee & Sherri Wilbers Ex. Room Melissa Karotka	7:00pm-7:45pm *MOMENTUM DANCE 4-6 Lee & Sherri Wilbers Ex. Room Taylor Heckemeyer		
			7:00pm-8:00pm *ADVANCED TUMBLING Turf Room Melissa Pasley			
■ Fitness Center	■ Lee & Sherri Wilbers Exercise Room		■ Small Group Exercise Room		■ Turf Room	

*Fee based classes. Registration required.