

FITNESS 6-WEEK CYCLE CLASSES *Winter 1 & 2; Spring 1 Cycles (effective 1/2/12 – 5/4/12)*

Aquatic 6-week cycle classes are listed on the pool schedule

Day	Class	Time	Instructor	Place
MON	Toned N' Tight	9:30-10:30 am	McEachron	MP/ SC
	Zumba ® Circuit	4:00-4:45 pm	Jewell	FIT
	Step Aerobics	6:30-7:30 pm	Wruble	MP
	Karate	8:00-9:00 pm	White	MP
TUE	SilverSneakers® Cardio-Circuit	8-8:45 am; 10-10:45 am	Weber	TL; MP
	SilverSneakers® Strength-Range/Movement	8:45-9:30 am;11-11:45 am	Weber	TL; MP
	Aerobic-Kick	5:00-6:00 pm	Cilladi/McKolosky	MP
	Pilates: Level 1 & 2	6:00-6:45 pm	McEachron	MP
WED	Toned N' Tight	9:30-10:30 am	McEachron	MP/ SC
	Zumba ®	5:00-6:00 pm	McEachron	TL
	Power-Flex	6:00-7:00 pm	Barbazzeni	TL
	Step Aerobics	6:30-7:30 pm	Wruble	MP
THU	SilverSneakers® Cardio-Circuit	8-8:45 am; 10-10:45 am	Weber	TL; MP
	SilverSneakers® Strength-Range/Movement	8:45-9:30 am;11-11:45 am	Weber	TL; MP
	Zumba Gold ®	9:00-9:45 am	Estrada	MP
	SilverSneakers® Yoga Stretch	Noon-12:45 pm	Weber	MP
	Aerobic-Kick	5:00-6:00 pm	Cilladi/McKolosky	MP
	Toned N' Tight	6:00-7:00 pm	McEachron	MP
FRI	Pilates: Level 1 & 2	9:30-10:15 am	McEachron	MP
	Zumba ® Circuit	4:45-5:30 pm	Jewell	FIT
	Karate	6:30-8:30 pm	White	AUX
SAT	Zumba ®	9:30-10:30 am	McEachron	TL

KEY AUX Auxiliary Gym FIT 30 Minute Fitness Center MP Multi-Purpose Room SC Strength Center TL Treasure Lake