



# 2020 Fitness Class Schedule

## Aquatic Fitness

Class	Days	Time	# per week	Cost	Instructor
Aquablast	M/W/F	6:30-7:15 p.m.	3	\$20	Stephanie Dorr
Splash	M/Tu/Th	10:00-10:45 a.m.	3	\$20	Peg Brogden
Immerse	Tu/Th	6:30-7:15 p.m.	2-ends 4/30	\$15	Trudy Merritt
Tri-101	Tu/Th	7:30-8:30 p.m.	2-ends 4/23	\$100 + membership	Trudy Merritt
Tri-Masters	Tu/Th	5:30-6:30 a.m.	2-ends 4/23	\$100 + membership	Trudy Merritt

## Community Fitness

Class	Days	Time	#per week	Cost	Instructor
Yoga by Tynell; Sat. a.m. Yoga	M/W/S	9:00-9:45 a.m.	1 2 3	\$10 \$15 \$20	Tynell Jarvis
SilverSneakers	M/W/F	10:00-10:45 a.m.	3	\$20	Paula Smalley
Zumba Strength	Tu/Th	5:30-6:15 p.m.	2	\$15	Steph Den Besten
Gentle Yoga	M/Th	1:00-1:45 p.m.	2	\$15	Peg Brogden

## Boutique Fitness- Non-Indoor Cycling

Class	Days	Time	#per week	Cost	Instructor
Zumba Toning	Wednesdays Session I: 1/15-3/4 Session II: 3/11-4/29	5:30-6:30 p.m.	1	\$20/session	Steph Den Besten
BeneFit Camp	M/Th Session I: 1/13-30	7:00-7:45 p.m.	2	\$20/session	Jara Goeden

## Indoor Cycling

Class	Days	Time	#per week	Cost	Instructor
Hour of Power	M/W/F	5:30-6:30 a.m.	2 3	\$15 \$25	Trudy Merritt Jan Wright
Older Adults	W/F: 1/15-3/6	11:00-11:30 a.m.	2	\$30 for 8 weeks	Trudy Merritt
Weight Loss	Tu/Th: 1/14-2/6	5:20-6:15 p.m.	2	\$15 for 4 weeks	Trudy Merritt
Aerobic Base	Tu/Th: 2/11-3/5	5:30-6:10 p.m.	2	\$15 for 4 weeks	Trudy Merritt
Core Training	Tu/Th: 3/10-4/2	5:30-6:10 p.m.	2	\$15 for 4 weeks	Trudy Merritt