

Fall '17 Fitness Class Room Locations & Instructors

Aerobics:

<u>DAY</u>	<u>CLASS</u>	<u>TIME</u>	<u>BUILDING</u>	<u>INSTRUCTOR</u>
Monday	Zumba	3:00pm	Flanagan	Sonia
Monday	Zumba	5:10pm	Ernie Davis	Tiffany
Tuesday	Zumba	6:10pm	Flanagan	Sonia
Wednesday	Zumba	12:10pm	Ernie Davis	Sonia
Wednesday	Zumba	5:10pm	Ernie Davis	Tiffany
Friday	Zumba	1:10pm	Flanagan	Sonia

X-Training & Sculpt:

<u>DAY</u>	<u>CLASS</u>	<u>TIME</u>	<u>BUILDING</u>	<u>INSTRUCTOR</u>
M / F	Tae Kwon Do	11:00am	Arch Lower	John/Tim
M / W	Power Hour	6:55am	Flanagan	Donna
Monday	Totally Abs	6:10pm	Flanagan	Donna
T / TH	Total Body	12:10pm	Flanagan	Karen
T / TH	Boot Camp	5:10pm	Flanagan	Kayla
Wednesday	Boot Camp	5:30pm	Flanagan	Kayla

Mind/Body:

<u>DAY</u>	<u>CLASS</u>	<u>TIME</u>	<u>BUILDING</u>	<u>INSTRUCTOR</u>
M / W	Yoga	11:00am	Flanagan	Alex
M / W	Yoga'lates	12:10pm	Flanagan	Linda
Monday	Mat Pilates	12:10pm	Ernie Davis	Madi
Monday	Mat Pilates	4:00pm	Flanagan	Madi
T / TH	Yoga	5:00pm	Ernie Davis	Bri
Thursday	Yoga	6:05pm	Flanagan	Alex
Friday	Mat Pilates	9:00am	Flanagan	Madi
Friday	Barre Body	12:10pm	Flanagan	Kristen

Sunday Yoga 5:00pm Flanagan Linda

Cycle classes:

DAY	CLASS	TIME	BUILDING	INSTRUCTOR
M / W	Cycle 50	12:10pm	Cycle Room	Michelle
Monday	Cycle 50	6:10pm	Cycle Room	Nora
T / TH	Cycle 50	6:55am	Cycle Room	Donna
T / TH	Cycle 50	4:00pm	Cycle Room	Nora
T / TH	Cycle 50	5:10pm	Cycle Room	Sara
Tuesday	Cycle 50	6:10pm	Cycle Room	Janice

Swim Lessons/Aqua Fitness (taught by Ali, Olivia & Ryan): Webster Pool (Archbold)

Golf (taught by Craig): Drumlins Driving Range

Fencing (taught by Lubo): Wednesday @ 4:00pm

Move it Monday's: Monday's @5:15pm - Flanagan