

CORE Group Fitness & Specialty Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Key
5:15 a.m.	PowerRide (45min) (S2)	UrbanKick (45 min) (S2)	PowerRide (45min) (S2)	UrbanKick (45min) (S2)				Studio 1 (S1) Studio 2 (S2)
5:30 a.m.	Strong by Zumba (1hr) (S1)		Strong by Zumba (1hr) (S1)					Basketball area (GYM)
6:15 a. m.		TRX (45min) (S2)		TRX (45min) (S2)				Therapy Pool (ATP) Competition Pool (CP)
9:00 a.m.	Yoga (1Hr) (S1)	Yoga Fitness (50 Min) (S1)	Yoga (1Hr) (S1)	Yoga Fitness (50 Min) (S1)		PowerRide (1Hr) (S2)		Barre-Michelle Kirkpatrick
10:00 a.m.	Senior Fit (45 min) (S2)		Senior Fit (45 min) (S2) Boga Yoga (1Hr) (CP)					Hop It Up-Lindsey Chism McCarter PowerRide-Elsie Wright, Elena Ray Senior Fit-Claudia Castillo
12:00 p.m.				BARRE (45min) (S1)				Strong by Zumba-Claudia Castillo
4:30 p.m.	Aqua Zumba (1Hr) ATP		Aqua Zumba (1Hr) ATP					TRX-Armando Ramos Tumbling-Richelle Garcia, Brianna Dean
5:00 p.m.		Tumbling (90 min) (GYM)		Tumbling (90 min) (GYM)				UrbanKick- Elena Ray
5:30 p.m.	BARRE (45min) (S1) PowerRide (45min) (S2)	Hop It Up (50 min) (S1)	PowerRide (45min) (S2)	Hop It Up (50 min) (S1)				Yoga Fitness, Boga Yoga-Debbie Tippy Yoga-Bridgette Stout Zumba Toning-Elsie Wright

January, 2019 (Class times & days can be subject to change)

Revised 1-11-2019

Aqua Zumba-Kim Smith