

2019 Spring Fitness Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00-8:00 am	Insanity	Insanity	Insanity	Insanity	Insanity		
11am-1pm	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim		
12pm-1pm			Yoga (activities room)				
12pm - 1pm	Pickleball	Body Blast	Pickleball	Body Blast	Pickleball		
3-5pm						Open Swim	Open Swim
5-6 pm	Kickboxing	Yoga	Zumba	Yoga			
6-7pm		Dance2Fit with Emily		Dance2Fit with Emily			
7-9pm	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim		

Classes will start Tuesday, January 22nd

FREE for all enrolled students, faculty and staff. **All fitness levels are welcome!**

Body Blast-activities room- total body workout in a short amount of time, using bodyweight and dumbbells.

Kickboxing-focuses on everything from cardio conditioning and elements of dance to self-defense

Pickelball -Court 2- A fun sport that combines many elements of tennis, badminton and ping-pong. All levels welcome! Please sign up at the Fitness Center front desk

Yoga-Court 1- Will help transform both your mind and body ultimately helping you find an inner calmness/peace, enhance your balance and stability, and leave you feeling stronger and more centered.

Dance2Fit with Emily-Court 1- Dance2Fit will help you get your desired results by its aerobic dancing mixed with fitness.

**Tentative schedule