

IN EFFECT

SEPTEMBER 5, 2023

ADULT CLASS SCHEDULE



For descriptions, levels, and to register for all classes, download our mobile app.
Teens 13 and over may attend most classes unless otherwise indicated on 18 and over.

Non-Members may attend for \$20 per class.

*\$50 Registration Fee required for 10-week session. No refunds.

Fall Semester begins Monday, 9/18.

MON	TUE	WED	THU	FRI	SAT	SUN
Chair Yoga 10-11am Dr. Miller	Hatha Yoga (2 Classes) 9:15-10:15am 10:30-11:30am Suzanne	Zumba® 10-11am Michelle	Hatha Yoga 9:15-10:15am Suzanne	Spin 9:15am-10am Steve	Total Body Workout 8:30-9:30am George	LaBlast® 8:30-9:30am Melissa
Meditation 11:15-11:45am Dr. Miller	Stretch, Flex & Tone (2 Classes) 10:30-11:30am 11:45am-12:45pm Rosalind	LaBlast® Splash Aqua Fitness 12:15-1pm Jaime	Total Body Workout 10:30-11:30am Rose	Chair Yoga 11am-12pm Dr. Miller	FitCulture Strength 9-10am	Pilates 9:45-10:45am Sifa
Dance & Tone 11:30am-12:30pm James	Tai Chi 1-2pm Rosalind	Hatha Yoga 6:15-7:15pm Suzanne	FitCulture Kickboxing 4:30-5:15pm	Dance & Tone 1-2pm James	Tai Chi 9:45-10:45am Rosalind	Total Body Workout 11am-12pm Sifa
Sculpt Yoga 5-6pm Nikole	FitCulture Kickboxing 4:30-5:15pm	Spin 6:30-7:15pm Nikole	FitCulture Strength 6-7pm	POUND® Unplugged 5:45-6:30pm Stacy	Cycle Blast 9:45-10:45am George	
*Conversation Italian (Advanced) Maria 6-7pm	Spin 5:15-6pm Danielle	FitCulture Kickboxing 7-8pm	Vinyasa Yoga 6:15-7:15pm Jeannie	FitCulture Kickboxing 6:30-7:30pm	Vinyasa Yoga 11am-12pm Jeannie	
Cycle Blast 6-7pm Stacy	FitCulture Strength 6-7pm	Dance & Tone 7:30-8:30pm Roseann	Spin 6:30-7:15pm Nikole	Zumba® 6:45-7:45pm Stacy	*Italian Language (Beginner) Michael 12-12:50pm	
FitCulture Kickboxing 7-8pm	Buddha Hand Kung Fu 6:30-8pm Peter		Buddha Hand Kung Fu 6:45-8:15pm James		*Italian Language (Advanced) Michael 1-1:50pm	
Aqua Zumba® 7:15-8pm Carissa	Dance & Tone 7:15-8:15pm Roseann		Sculpt Yoga 7:30-8:15pm Nikole		Ballroom Dance 2-3pm Eugene	
POUND® 7:15-8pm Stacy						

Questions? Please contact Program Director, Jaime Vacca
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