



GROUP FITNESS SCHEDULE



DAY	TIME	CLASS	INSTRUCTOR	LOCATION
MONDAY	5:30AM - 6:30AM	SPIN	BRYAN	SPIN ROOM
	9AM - 10AM	YOGA	PAM	GROUP FITNESS ROOM
	10AM - 11AM	CHAIR YOGA	KIMMIE	YOGA STUDIO
	12PM - 1PM	STRENGTH & CARDIO	CAREY	GROUP FITNESS ROOM
	4:30PM - 5:30PM	STRENGTH & CARDIO	CAROLYN	GROUP FITNESS ROOM
	5:30PM - 6:30PM	SPIN	KRISTI	SPIN ROOM
TUESDAY	9AM - 10AM	WATER AEROBICS	LONNI	POOL
	10AM - 11AM	TOTAL BODY	CAREY	GROUP FITNESS ROOM
	5:30PM - 6:30PM	YOGA FLOW	CHRISTINA	YOGA STUDIO
	5:45PM - 6:45PM	STRENGTH & CARDIO	CAROLYN	GROUP FITNESS ROOM
WEDNESDAY	5:30AM - 6:30AM	SPIN	RON	SPIN ROOM
	9AM - 10AM	YOGA	PAM	GROUP FITNESS ROOM
	12PM - 1PM	H.I.I.T.	CAREY	GROUP FITNESS ROOM
	4:30PM - 5:30PM	TOTAL BODY	CAROLYN	GROUP FITNESS ROOM
	5:30PM - 6:30PM	SPIN	KRISTI	SPIN ROOM
THURSDAY	10AM - 11AM	TOTAL BODY	CAREY	GROUP FITNESS ROOM
	10AM - 11AM	CHAIR YOGA	KIMMIE	YOGA STUDIO
	5:30 PM	YOGA	CHRISTINA	YOGA STUDIO
FRIDAY	9:00AM-10:00AM	WATER AEROBICS	PATRICK	POOL
	9:30AM - 10:30AM	STEP FUSION	CHRISTINA	GROUP FITNESS ROOM
	12PM - 1PM	STRENGTH & CARDIO	CAREY	GROUP FITNESS ROOM
SATURDAY	8:05AM - 9:00AM	SPIN	KRISTI	SPIN ROOM
	9AM - 10AM	YOGA	PAM	GROUP FITNESS ROOM
	10:15AM - 11:15AM	STEP	MONICA	GROUP FITNESS ROOM

HOURS OF OPERATION

WEEKDAYS: 5AM - 9PM | WEEKENDS: 8AM - 6PM

ALL CLASSES ARE FREE WITH ANY MEMBERSHIP

NO RESERVATION NEEDED

THE WELLNESS CENTER

509.467.5124

LAST UPDATED

10/12/2022