

2020 FALL FITNESS CLASSES

MONDAY

Class	Time	Instructor	Location	Class Type
Cycle & Core at Home	6-6:45 am	Jessica J.	Online	Cardio
Mat Pilates	8:30 – 9:30 am	Karen M.	Studio A	Flexibility/Strength
MysFit Fitness	7:15-8:15 pm	Nina A.	Oak Gym	Cardio/Strength

TUESDAY

Class	Time	Instructor	Location	Class Type
HIIT at Home	6-6:45 am	Jessica J.	Online	Cardio
Cardio & Core	9-10 am	Kathy L.	Turf/Studio A	Cardio/Strength
Walking & More	10-11 am	Mary C.	Rec Gym	Senior Fitness
Youth Karate	4-5 pm	Shitokai Karate	Studio A	Youth Class
Zumba	6-7 pm	Dawn M.	Civic Center	Cardio/Dance

WEDNESDAY

Class	Time	Instructor	Location	Class Type
Body Tone	5:45-6:30 am	Val S.	Outside/Studio A	Cardio/Strength
Mat Pilates	9-10 am	Karen M.	Studio A	Flexibility/Strength
Teen Training	3:30-4:20 pm	Kathy L.	Studio A	Strength
Community Yoga	6:45-8 pm	Ray/Lauri N.	Hilltop Park	Flexibility/Strength

THURSDAY

Class	Time	Instructor	Location	Class Type
Barre at Home	6-6:45 am	Jessica J.	Online	Flexibility/Strength
Body Strength	9-10 am	Kathy L.	Turf/Studio A	Flexibility/Strength
Walking & More	10-11 am	Mary C.	Rec Gym	Senior Fitness
Youth Karate	4-5 pm	Shitokai Karate	Studio A	Youth Class

FRIDAY

Class	Time	Instructor	Location	Class Type
Teen Training	3:30-4:20 pm	Kathy L.	Studio A	Strength

Saturday

Class	Time	Instructor	Location	Class Type
Yoga on the Green*	4-5:15 pm	Kara/Tiffany	Village Green	Flexibility/Strength

- **Punch Passes, Unlimited Class Pass, Drop-in**
- **Monthly Fee – register at Rec Center**
- **Senior Fitness – FREE for Members or \$2**
- **Register directly with instructor**
- **Community Yoga, donation-based class**

*Thru September