



Spring Fitness Class Schedule

Effective May 6, 2019

MONDAY

8:30 – 9:15 am: Circuit Training with Ator Ighalo
Free Community Class - Sunset Room

9:00 – 9:45 Water Aerobics with Christy Benitez
Free Community Class-Pool

9:30 – 12:30 pm: Fitness Assessments with Ator
*By Appointment only- Contact Christy to schedule
Free Community Offering – Fitness Center

9:30 - 10:30 am: Vinyasa Flow with Karen Kelly
Intermediate Level - Prior Yoga Experience Required
\$10.00 drop in fee - Sunset Room

4:00 - 5:00 pm: Co-ed Yoga Sports Stretch with Karen Kelly
\$10 drop in fee - Sunset Room

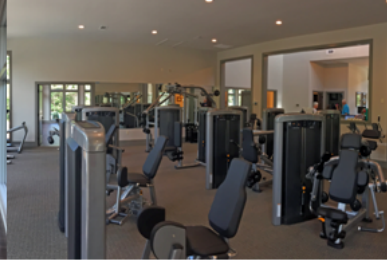
TUESDAY

10:00 - 11:00 am: Muscle Balance with Jennifer Byrd
Free Community Class - Sunset Room

11:00 am - 12:00 pm: Muscle Balance with Jennifer Byrd
Free Community Class - Sunset Room

2:00pm – 2:45 pm: Low Impact Intervals with Christy
Free Community Class - Sunset Room

4:00 - 5:00 pm: Yin Yoga with Caron Bey Knight All Level Class
Free Community Class - Sunset Room



WEDNESDAY

9:00 - 9:45 am: Water Aerobic w/ Christy Benitez
Free Community Class – Pool

11:00 - 12:00 pm: Functional Core and Stretch with Christy
Free Community Class – Sunset Room

4:00 - 5:00 pm: Therapeutic Yoga with Karen Kelly
All Level Class
\$10 drop in fee - Sunset Room

THURSDAY

9:00 - 10:00 am: Men's Yoga Sports Stretch with Karen Kelly
Free Community Class - Sunset Room

FRIDAY

9:00 – 9:45 am Yoga Vinyasa Express with Nancy Post
Free Community Class - Sunset Room

9:00 – 9:45 Water Aerobics with Christy Benitez
Free Community Class- Pool

10:00 - 11:00 am: Muscle Balance with Jennifer Byrd
Free Community Class - Sunset Room

11:00 am - 12:00 pm: Muscle Balance with Jennifer Byrd
Free Community Class - Sunset Room

Saturday

10:00 -11:15 am Vinyasa Flow with Nancy Post
\$10 drop in fee - Sunset Room