



Group Exercise Schedule

Effective May 22, 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 - 6:30 am Full Body Strength Amy		5:45 - 6:30 am Tabata & Core Amy		5:45 - 6:30 am Bootcamp Amy	8:30 - 9:15 am Cycling Rotation	9:00 - 9:45 am Cycling Christy BEGINS JUNE 4
9:00 - 9:45 am SilverSneakers® Circuit Kathy	9:00 - 9:45 am Level 1 Cycling Pat	9:00 - 9:45 am SilverSneakers® Circuit Kathy	9:00 - 9:45 am Level 1 Cycling Kathy		9:30 - 10:15 am Core & More Yoga Christy	9:00 - 9:45 am Summer Outdoor Yoga June 4 & 25
9:00 - 9:45 am Barreless Barre Pat	9:00 - 9:45 am Pound Melissa	9:00 - 9:45 am Strength & Tone Ashley	9:00 - 9:45 am Cardio HIIT Nate	9:00 - 9:45 am Strength & Tone Ashley	9:30 - 10:15 am Zumba® Molly	July 2 & 30 August 6 & 27 Rotation
10:00 - 10:45 am Zumba® Molly	10:00 - 10:45 am Strength & Breath-focused Yoga Kate	10:00 - 10:45 am Bootcamp Ashley	10:00 - 10:50 am Power/Vinyasa Flow Yoga Krystal	10:00 - 10:45 am Level 1 Strength Jennifer		
	10:15 - 11:00 am Zumba Gold® Judy	10:00 - 10:45 am Agility & Balance Kathy				<i>Level 1 classes are great for beginners, seniors, or anyone looking for a lower-intensity, but it is still an effective class.</i>
	11:00 - 11:45 am Qigong w/ Yin Yoga Kate		11:00 - 11:45 am LaBlast® Line Dancing Georgianna			<i>We suggest bringing a water bottle and a small towel to each class.</i>
5:00 - 5:45 pm LifeStretch® Deb	6:00 - 6:45 pm Power HIIT Nate		5:00 - 5:45 pm LaBlast® Janice			<i>Yoga/Pilates: Please bring your own mat for sanitary/safety reasons. We have a limited # of mats available for use.</i>
5:30 - 6:15 pm Cycling Bob	6:30 - 7:15 pm Vinyasa Flow Yoga Carly	5:30 - 6:15 pm Cycling Christy	6:00 - 6:45 pm Barreless Barre Pat			

* Schedule subject to change at any time.

Please check the Derry Township - Parks and Recreation website for the most current Group Exercise Schedule.

Color indicates class location:



Group Exercise 1 Studio



Group Exercise 2 / Spin Studio



Large Group Fitness Studio

