



# 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 <b>BEGINS JUNE 4</b>
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 July 2 & 30 August 6 & 27 Rotation
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	
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				
	11:00 - 11:45 am Qigong w/ Yin Yoga Kate		11:00 - 11:45 am LaBlast® Line Dancing Georgianna			
5:00 - 5:45 pm LifeStretch® Deb	6:00 - 6:45 pm Power HIIT Nate		5:00 - 5:45 pm LaBlast® Janice			
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			

*Level 1 classes are great for beginners, seniors, or anyone looking for a lower-intensity, but it is still an effective class.*

*We suggest bringing a water bottle and a small towel to each class.*

*Yoga/Pilates: Please bring your own mat for sanitary/safety reasons. We have a limited # of mats available for use.*

Color indicates class location:

- Group Exercise 1 Studio
- Group Exercise 2 / Spin Studio
- Large Group Fitness Studio

\* Schedule subject to change at any time.

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

