



Group Exercise Schedule

Effective October 17, 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 - 6:30 a.m. Full Body Strength Amy	5:45 - 6:30 a.m. Morning Spin Bo	5:45 - 6:30 a.m. Tabata & Core Amy	5:45 - 6:30 a.m. Morning Spin Pat	5:45 - 6:30 a.m. Bootcamp Workout Amy	
					8:30 - 9:15 a.m. Cycling Rotation
9:00 - 9:45 a.m. SilverSneakers® Circuit Kathy		9:00 - 9:45 a.m. SilverSneakers® Circuit Kathy	9:00 - 9:45 a.m. Level 1 Cycling Kathy		9:30 - 10:15 a.m. Core & More Yoga Christy
	9:00 - 9:45 a.m. Strength & Core Alexa	9:00 - 9:45 a.m. Strength & Tone Ashley	9:00 - 9:45 a.m. Cardio HIIT Nate	9:00 - 9:45 a.m. Strength & Tone Ashley	9:30 - 10:15 a.m. Zumba® Molly
10:00 - 10:45 a.m. Zumba® Molly	10:00 - 10:45 a.m. Rhythmic Pilates Alexa	10:00 - 10:45 a.m. Kickbox Fitness Ashley	10:00 - 10:50 a.m. Power Yoga Lindsay	10:00 - 10:45 a.m. Cardio Combo Kim F.	
	10:15 - 11:00 a.m. Zumba Gold® Judy	10:00 - 10:45 a.m. Agility & Balance Kathy	11:00 - 11:45 a.m. LaBlast Line Dancing Georgianna	10:00 - 10:45 a.m. Level 1 Strength Jennifer	
	11:00 - 11:45 a.m. Restorative/Yin Yoga Alexa				
5:00 - 5:45 p.m. LifeStretch® Deb	5:30 - 6:15 p.m. BPM Cycling Bob	5:30 - 6:15 p.m. Strength, Stability & Stretch Kim E.	5:00 - 5:45 p.m. LaBlast® Janice		
6:00 - 6:45 p.m. Cycling Christy	6:00 - 6:45 p.m. Power HIIT Nate	6:00 - 6:45 p.m. Cycling Christy	6:00 - 7:00 p.m. Vin-to-Yin Yoga Lindsay		

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

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

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

Colors indicate class locations:

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

* Schedule subject to change at any time. Please check the website <https://www.derrytownship.org/departments/parks-and-recreation> for the latest version of the Group Exercise Schedule.



The only bad workout is no workout!