



# Group Exercise Schedule

Effective June 1, 2024 until new schedule published

*Schedule subject to change at any time.*

*Go to the Derry Township Parks and Recreation website for the most current schedule.*

## 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  
Full Body Strength  
Amy

8:00 - 8:45 am  
Chisel  
Kim

8:00 - 8:45 am  
Barre  
Pat

8:00 - 8:45 am  
Level 1 Cycling  
Bo

8:00 - 8:45 am  
Barre  
Pat

8:00 - 8:45 am  
Cycling  
Bob

8:30 - 9:15 am  
Cycling  
Rotation

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  
Barre  
Pat

9:00 - 9:45 am  
Pound  
Melissa

9:00 - 9:45 am  
Strength & Tone  
Ashley E.

9:00 - 9:45 am  
Yoga  
Carly

9:00 - 9:45 am  
Strength & Tone  
Ashley E.

9:30 - 10:15 am  
Zumba®  
Molly

9:15 - 10:00 am  
Cycling  
Stephany

10:00 - 10:45 am  
Zumba®  
Molly

10:00 - 10:45 am  
Strength &  
Breath-focused Yoga  
Kate

10:00 - 10:45 am  
Bootcamp  
Kim

10:00 - 10:45 am  
Level 1 Strength  
Kim

10:00 - 10:45 am  
Yoga  
Alyssa

10:15 - 11:00 am  
Zumba Gold®  
Judy

10:00 - 10:45 am  
Agility & Balance  
Kathy

11:00 - 11:45 am  
Qigong  
Kate

5:00 - 5:45 pm  
LaBlast®  
Janice

5:30 - 6:30 pm  
Cycle Sculpt  
Sirae

6:15 - 7:00 pm  
Vinyasa Yoga  
Noel

5:45 - 6:30 pm  
Cardio & Core  
Christy

5:30 - 6:15 pm  
Power HIIT  
Nate

5:30 - 6:15 pm  
Cycling  
Ashley N.

6:45 - 7:30 pm  
Pound  
Melissa

6:15 - 7:00 pm  
Vinyasa Yoga  
Noel

*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 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

