



Group Exercise Schedule

Effective December 5, 2022

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

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!