

# FITNESS CLASS SCHEDULE

## November 2022

### MONDAYS

**Update: #02**

#### Prairie Lodge

Total Body Toning (with Barb)	9:00am-9:50am	PL Fitness Studio
Sculpt and Stretch (with Lorrie)	10:00am-10:50am	PL Fitness Studio
Sit and Fit (with Barb)	11:00am-11:50am	PL Fitness Studio
Chair Yoga (with Pam)	12:00pm-12:50pm	PL Fitness Studio
Light Yoga (with Pam)	1:00pm-1:50pm	PL Fitness Studio
Beginner Tai Chi (with Allison)	2:00pm-2:50pm	PL Fitness Studio

7-Nov	14-Nov	21-Nov	28-Nov
FL6270	FL6322	FL6383	FL6420
FL6459	FL6460	FL6461	FL6462
FL6271	FL6323	FL6384	FL6421
		FL6385	FL6422
		FL6386	FL6423
FL6272	FL6324	FL6387	FL6424

#### Meadow View Lodge

Pilates Mat (with Lorrie)	8:30am-9:20am	MVL Studio A&B
Standing Pilates (with Lorrie)	8:30am-9:20am	MVL Studio A&B
Strong to the Core (with Laura)	9:30am-10:20am	MVL Studio A&B
Strutters Ballet (with Mary)	10:30am-11:20am	MVL Studio A&B
Line Dance Novice: Pre-Beginner (with Nancy)	11:30am-12:20pm	MVL Studio A&B
Line Dance Beginner (with Nancy)	12:30pm-1:20pm	MVL Studio A
Balance Focus II (with Nancy)	1:30pm-2:20pm	MVL Studio A
Indoor Cycling (with Nancy)	4:30pm-5:20pm	MVL Studio B

FL6273	FL6325	FL6388	
			FL6425
FL6274	FL6326	FL6389	FL6426
FD1182	FD1191	FD1200	FD1205
FL6275	FL6327	FL6390	FL6427
FL6276	FL6328	FL6391	FL6428
FL6277	FL6329	FL6392	FL6429
FL6278	FL6330	FL6393	FL6431

#### Water Classes

Aqua Blast (with Barb)	8:00am-8:50am	PL Indoor Pool
Hydropower (with Gini)	9:00am-9:50am	PL Indoor Pool

FL6279	FL6331	FL6394	FL6430
FL6280	FL6332	FL6395	FL6432

### TUESDAYS

#### Prairie Lodge

Athletic Yoga (with Kathy)	7:00am-7:50am	PL Fitness Studio
Gentle Yoga (with Lorrie)	9:00am-9:50am	PL Fitness Studio
Yoga for Balance (with Jeanne)	10:00am-10:50am	PL Fitness Studio
Sensational Stretching (with Jeanne)	11:00am-11:50am	PL Fitness Studio
Meditation (with Jeanne)	12:00pm-12:50pm	PL Fitness Studio

1-Nov	8-Nov	15-Nov	22-Nov	29-Nov
FL6228	FL6281	FL6333	FL6396	FL6433
FL6229	FL6282	FL6334	FL6397	FL6434
FL6230	FL6283	FL6335	FL6398	FL6435
FL6231	FL6284	FL6336	FL6399	FL6436
FL6463	FL6464	FL6465	FL6466	FL6467

#### Meadow View Lodge

Cardio Jam (with Gini)	8:30am-9:20am	MVL Studio A&B
RIP RX (with Gini)	9:30am-10:20am	MVL Studio A&B
Strutters Jazz Group A (with Val)	10:30am-11:20am	MVL Studio A&B
Strutters Jazz Group B (with Val)	11:30am-12:20pm	MVL Studio A&B
Golf Fitness (with Kelly)	1:30pm-2:20pm	MVL Studio A
Zumba (with Val)	2:30pm-3:20pm	MVL Studio A&B
Jazzercise Lo (with Lorrie)	5:30pm-6:20pm	MVL Studio A&B

FL6232	FL6285	FL6337	FL6400	FL6437
FL6233	FL6286	FL6338	FL6401	FL6438
FD1174	FD1183	FD1192	FD1201	FD1206
FD1175	FD1184	FD1193	FD1202	FD1207
FL6234		FL6339		
		FL6468	FL6469	FL6470
FL6235	FL6287	FL6340	FL6402	FL6439

#### Water Classes

Splashin' with the Oldies (with Jen)	9:00am-9:50am	PL Indoor Pool
Splashin' with the Oldies (with Jen)	11:00am-11:50am	PL Indoor Pool

FL6236	FL6288	FL6341	FL6403	FL3440
FL6237	FL6289	FL6342	FL6404	FL6441

### WEDNESDAYS

#### Prairie Lodge

Morning Flow Yoga (with Lorrie)	8:00am-8:50am	PL Fitness Studio
Jazzercise Fusion (with Lorrie)	9:00am-9:50am	PL Fitness Studio
Sensational Stretching (with Jeanne)	10:00am-10:50am	PL Fitness Studio
Sit and Fit (with Barb)	11:00am-11:50am	PL Fitness Studio
Advanced Tai Chi (with Allison)	1:00pm-1:50pm	PL Fitness Studio
Chair Tai Chi (with Allison)	2:00pm-2:50pm	PL Fitness Studio

2-Nov	9-Nov	16-Nov	23-Nov	30-Nov
FL6238	FL6290	FL6343	FL6405	FL6442
FL6239	FL6291	FL6344	FL6406	FL6443
FL6240	FL6292	FL6345	FL6407	FL6444
FL6241	FL6293	FL6346	FL6408	FL6445
FL6242	FL6294	FL6347	FL6409	FL6446
FL6243	FL6295	FL6348	FL6410	FL6447

#### Meadow View Lodge

Indoor Cycling (with Kathy)	7:00am-7:50am	MVL Studio B
Cardio Dance (with Laura)	9:30am-10:20am	MVL Studio A&B
Strutters Ballet for Beg/Inter (with Carol)	10:30am-11:20am	MVL Studio A&B

FL6244	FL6296	FL6349	FL6411	FL6448
FL6245	FL6297	FL6350	FL6412	FL6449
FD1176	FD1185	FD1194	FD1203	FD1208

Strutters Jazz for Beg/Inter (with Sandy)  
 Core and More (with Nancy)  
 Steppin It Up (with Nancy)

11:30am-12:20pm MVL Studio A&B  
 4:30pm-5:20pm MVL Studio A  
 5:30pm-6:20pm MVL Studio A

FD1177	FD1186	FD1194	FD1204	FD1209
FL6246	FL6298	FL6351	FL6413	FL6450
FL6247	FL6299	FL6352	FL6414	FL6451

**Water Classes**

Hydropower (with Gini)  
 Aqua Fit (with Kathy P.)  
 Aqua Lite (with Kathy P.)

9:00am-9:0am PL Indoor Pool  
 11:00am-11:50am PL Indoor Pool  
 12:00pm-12:50pm PL Indoor Pool

FL6248	FL6300	FL6353	FL6415	FL6452
FL6249	FL6301	FL6354	FL6416	FL6453
FL6250	FL6302	FL6355	FL6417	FL6454

**THURSDAYS**

**Prairie Lodge**

Bodyweight Bootcamp (with Kathy)  
 Total Body Toning (with Barb)  
 Sensational Stretching (with Jeanne)  
 Chair Yoga (with Pam)  
 Light Yoga (with Pam)  
 Beginner Tai Chi (with Allyn)

7:00am-7:50am PL Fitness Studio  
 9:00am-9:50am PL Fitness Studio  
 11:00am-11:50am PL Fitness Studio  
 12:00pm-12:50pm PL Fitness Studio  
 1:00pm-1:50pm PL Fitness Studio  
 2:00pm-2:50pm PL Fitness Studio

<b>3-Nov</b>	<b>10-Nov</b>	<b>17-Nov</b>	<b>24-Nov</b>
FL6251	FL6303	FL6360	
FL6252	FL6304	FL6361	
FL6253	FL6305	FL6362	
		FL6363	
		FL6364	
FL6254	FL6306	FL6365	

**Meadow View Lodge**

Cardio Jam (with Gini)  
 Balance Focus I (with Nancy)  
 Strutters Tap Group B (with Val)  
 Strutters Tap Group A (with Val)  
 Strutters Tap for Beg/Inter (with Cynthia)  
 360 Boxing (with Chase)  
 Line Dance Fun (with Nancy)  
 Jazzercise Lo (with Lorrie)

8:30am-9:20am MVL Studio A&B  
 9:30am-10:20am MVL Studio A&B  
 10:30am-11:20am MVL Studio A&B  
 11:30am-12:20pm MVL Studio A  
 11:30am-12:20pm MVL Studio B  
 2:00pm-2:50pm MVL Studio A  
 4:30pm-5:20pm MVL Studio A&B  
 5:30pm-6:20pm MVL Studio A&B

FL6255	FL6307	FL6366	
FL6256	FL6308	FL6367	
FD1178	FD1187	FD1196	
FD1179	FD1188	FD1197	
FD1180	FD1189	FD1198	
FL6257	FL6309	FL6368	
FL6258	FL6310	FL6369	
FL6259	FL6311	FL6370	

**Water Classes**

Aqua Intervals (with Barb)  
 Aqua 4 Life (with Barb)

8:00am-8:50am PL Indoor Pool  
 10:00am-10:50am PL Indoor Pool

FL6260	FL6312	FL6371	
FL6358	FL6359	FL6372	

**FRIDAYS**

**Prairie Lodge**

Morning Flow Yoga (with Lorrie)  
 Jazzercise Fusion (with Lorrie)  
 Chair Yoga (with Lorrie)  
 Drum Circle (with Cathleen)  
 Drum Circle (with Cathleen)

8:00am-8:20am PL Fitness Studio  
 9:00am-9:50am PL Fitness Studio  
 11:0am-11:50am PL Fitness Studio  
 2:00pm-2:50pm MVL Studio A&B  
 3:00pm-3:50pm MVL Studio A&B

<b>4-Nov</b>	<b>11-Nov</b>	<b>18-Nov</b>	<b>25-Nov</b>
FL6261	FL6313	FL6373	FL6455
FL6262	FL6314	FL6374	FL6456
FL6263	FL6315	FL6375	FL6457
		FL6376	
		FL6377	

**Meadow View Lodge**

Cardio Jam (with Gini)  
 RIP RX (with Gini)  
 60min Turkey Burn Ride  
 Strutters Ballet (with Mary)

8:30am-9:20am MVL Studio A&B  
 9:30am-10:20am MVL Studio A&B  
 9:30am-10:20am MVL Social Lounge  
 10:30am-11:20am MVL Studio A&B

FL6264	FL6316	FL6378	
FL6265	FL6317	FL6379	
			FL6458
FD1181	FD1190	FD1199	FD1210

**Water Classes**

Aqua Blast (with Barb)

9:00am-9:50am PL Indoor Pool

FL6266	FL6318	FL6380	
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**SATURDAYS**

**Prairie Lodge**

Open Your Heart Reiki Yin Yoga (Jeanne)

9:00am-10:30am PL Fitness Studio

<b>5-Nov</b>	<b>12-Nov</b>	<b>19-Nov</b>	<b>26-Nov</b>
	FL6319		

**Meadow View Lodge**

Jazzercise Lo (with Lorrie)

8:30am-9:20am MVL Studio A

FL6267	FL6320	FL6381	FL6418
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**Water Classes**

Aqua Fit (with Kathy P.)

11:00am-11:50am PL Indoor Pool

FL6268	FL6321	FL6382	FL6419
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**SUNDAYS**

**Prairie Lodge**

Weekend Warrior (with Cathleen)

9:00am-9:50am PL Fitness Studio

<b>6-Nov</b>	<b>13-Nov</b>	<b>20-Nov</b>	<b>27-Nov</b>
FL6269			

**SPECIAL EVENTS**

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