

Adult Fitness at a Glance

January - May 2019



| Name | Day | Time | Location |
|------------------------|-----|-------------|---------------------|
| Senior Morning Stretch | M | 9-9:45am | Rec Center |
| Spin/Yoga Fusion | M | 5:45-6:45pm | Rec Center |
| Total Stretch | M | 6-7pm | Rec Center |
| Zumba | M | 6-7pm | Lane Intermediate |
| Cardio Kickboxing | M | 6-7pm | Franklin Fieldhouse |
| Walk with Ease | M | 6:15-7:15pm | WA Central Hallway |
| POUND | M | 6:30-7:30pm | Franklin Elementary |

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|------------------------|---|---------------|---------------------|
| Forever Fit | T | 9:15-10:15am | Rec Center |
| Chair Yoga for Healing | T | 10:30-11:15am | Rec Center |
| Crunch Time | T | 5:45-6:15pm | Lane Intermediate |
| RIPPED | T | 6-7pm | Rec Center |
| Yoga Right Now | T | 6-7pm | Rec Center |
| Belly Dancing | T | 6-7pm | Rec Center |
| Line Dancing | T | 6-7pm | Lane Intermediate |
| WERQ | T | 6-7pm | Franklin Fieldhouse |
| Hatha Yoga | T | 6-7:10pm | Hoover Elementary |
| Cycling | T | 6:15-7:15pm | Rec Center |
| Beginner Yoga | T | 6:30-7:15pm | Lane Intermediate |

| Name | Day | Time | Location |
|--------------------|-----|-------------|---------------------|
| Chair Yoga Seniors | W | 9-9:45am | Rec Center |
| Total Stretch | W | 6-7pm | Rec Center |
| Walk with Ease | W | 6:15-7:15pm | WA Central Hallway |
| Cycling | W | 6:30-7:30pm | Rec Center |
| POUND | W | 6:30-7:30pm | Franklin Elementary |

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|-------------------|----|-------------|-------------------|
| Morning Stretch | Th | 8:15-8:45am | Rec Center |
| Zumba Gold Toning | Th | 9-9:45am | Rec Center |
| RIPPED | Th | 6-7pm | Rec Center |
| Perfect Balance | Th | 6-7pm | Rec Center |
| Define: BUTZ/GUTZ | Th | 6-7pm | Lane Intermediate |
| Zumba | Th | 6-7pm | Irving Gym |

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| Cycling | Sat | 9-9:45am | Rec Center |
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#LETSGETFIT