

# DRY SIDE... FITNESS SCHEDULE

|                        | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY  |
|------------------------|--|--|--|--|---|---|
| No Childcare Available | <b>5:40-6:40 a.m.*</b><br><b>Body Pump®</b><br><i>Kate Papke</i><br><b>6:15 - 7:15 a.m.</b><br><b>Morning Yoga</b><br><i>Heather Kiser</i> | <b>5:40-6:40 a.m.</b><br><b>Basic Cycle</b><br><i>Hannah Aldape</i>  | <b>5:40-6:40 a.m.*</b><br><b>Body Pump®</b><br><i>Kim Street</i><br><b>6:15 - 7:15 a.m.</b><br><b>Morning Yoga</b><br><i>Heather Kiser</i> | <b>5:40-6:40 a.m.</b><br><b>Basic Cycle</b><br><i>Hannah Aldape</i>  | <b>5:40-6:40 a.m.*</b><br><b>Body Pump®</b><br><i>Kate Papke</i><br><b>6:15 - 7:15 a.m.</b><br><b>Morning Yoga</b><br><i>Heather Kiser</i>  |   |
| No Childcare Available | <b>8-9 a.m.</b><br><b>SilverSneakers®</b><br><b>Cardio Circuit</b><br><i>Jo Shaklee</i><br><b>Basic Cycle</b><br><i>Kim Street</i>         | <b>7:45-8:45 a.m.</b><br><b>Chair Yoga</b><br><i>Lynn Tran</i><br><b>8-9 a.m.</b><br><b>Challenge Cycle</b><br><i>Kim Street</i> | <b>8-9 a.m.</b><br><b>Basic Cycle</b><br><i>Sherry Roberts</i><br><b>8-9:15 a.m.</b><br><b>Power Combo</b><br><i>Kim Street</i>            | <b>7:45-8:45 a.m.</b><br><b>Chair Yoga</b><br><i>Lynn Tran</i><br><b>8-9 a.m.</b><br><b>Challenge Cycle</b><br><i>Kim Street</i> | <b>8-9 a.m.</b><br><b>High/Low Cardio</b><br><i>Kim Street</i><br><b>Interval Cycle</b><br><i>Sherry Roberts</i>  | <b>7:45-8:45 a.m.*</b><br><b>Body Pump®</b><br><i>Raquel Alexandre</i><br><b>Challenge Cycle</b><br><i>Kim Street</i> |
| Childcare Available    | <b>9-10:15 a.m.</b><br><b>Power Combo</b><br><i>Kim Street</i>   | <b>9-10 a.m.*</b><br><b>Body Pump®</b><br><i>Suzi Shankweiler</i>  |  | <b>9-10:15 a.m.</b><br><b>Variety Pack</b><br><i>Danielle Shaw</i>   | <b>9-10 a.m.*</b><br><b>Body Pump®</b><br><i>Kim Street</i>   | <b>9-10 a.m.</b><br><b>Power Combo</b><br><i>Kim Street</i>   |
| Childcare Available    | <b>10:30-11:30 a.m.*</b><br><b>SilverSneakers®</b><br><b>MSROM</b><br><i>Karen Boyles</i>  | <b>10:30-11:30 a.m.</b><br><b>SilverSneakers®</b><br><b>Cardio Circuit</b><br><i>Suzi Shankweiler</i>                            | <b>10:30-11:30 a.m.*</b><br><b>SilverSneakers®</b><br><b>MSROM</b><br><i>Karen Boyles</i>  | <b>10:30-11:30 a.m.</b><br><b>SilverSneakers®</b><br><b>Cardio Fit</b><br><i>Suzi Shankweiler</i>                                | <b>10:30-11:30 a.m.*</b><br><b>SilverSneakers®</b><br><b>MSROM</b><br><i>Paul Riccardi</i>  | <b>10-11 a.m.</b><br><b>Basic Yoga</b><br><i>Heather Kiser</i>  |
| Childcare Available    | <b>Noon-1 p.m.*</b><br><b>Body Pump®</b><br><i>Maria Vallena</i>   | <b>Noon-1 p.m.</b><br><b>Mat Pilates®</b><br><i>Hannah Aldape</i>  | <b>Noon-1 p.m.*</b><br><b>Body Pump®</b><br><i>Kim Street</i>  | <b>Noon-1 p.m.</b><br><b>Ball Pilates®</b><br><i>Suzi Shankweiler</i>  | <b>Noon-1 p.m.*</b><br><b>Body Pump®</b><br><i>Suzi Shankweiler</i>   |   |
| Childcare Available    | <b>5:30-6:30 p.m.</b><br><b>Interval Conditioning</b><br><i>Belia Straushein</i><br><b>Basic Cycle</b><br><i>Hannah Adalpe</i>             | <b>4:30-5:30 p.m.*</b><br><b>Body Pump®</b><br><i>Raquel Alexandre</i>   | <b>5:30-6:30 p.m.</b><br><b>Interval Conditioning</b><br><i>Belia Straushein</i><br><b>Basic Cycle</b><br><i>Hannah Adalpe</i>             | <b>4:30-5:30 p.m.*</b><br><b>Body Pump®</b><br><i>Belia Straushein</i>   | <p>It is your responsibility to go at your own pace. As always, consult your physician before starting any type of fitness program. Aerobic and cycling classes are designed for adult participation (age 16+) unless otherwise noted. Children under 16 years of age must have approval from coordinator before attending class.</p> |   |
| Childcare Available    | <b>6:30-7:30 p.m.*</b><br><b>Body Pump®</b><br><i>Belia Straushein</i>   | <b>6-7 p.m.</b><br><b>Challenge Cycle</b><br><i>Sherry Roberts</i>   |  | <b>6-7 p.m.</b><br><b>Challenge Cycle</b><br><i>Terry Schamp</i>   |   |   |
| Childcare Available    | <b>7:40-8:40 p.m.</b><br><b>Gentle Flow Yoga</b><br><i>Christopher Edwards</i>   | <b>7-8 p.m.</b><br><b>Basic Yoga</b><br><i>Ida Sandoval</i>  | <b>7:40-8:40 p.m.</b><br><b>Gentle Flow Yoga</b><br><i>Heather Kiser</i>   | <b>7-8 p.m.</b><br><b>Intermediate Yoga</b><br><i>Ida Sandoval</i>   |   |   |

*\*Due to the consistent overwhelming attendance of these classes, patrons must pick up a number from the front desk in order to participate. Numbers are available one hour prior to the start of each class.*