

Updated 2/16/12

Fitness Class Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Feb. 12	13 7:30-8:30am-UCare 9-10am-Waterworks 9-10am-TurboKick 1-2pm-UCare 5-6pm-Sport Step 6:15-7:15pm-Pilates 6:30-7:30pm-Waterworks 6:30-8pm-Martial Arts	14 9-10am-Killer Core 10:15-10:45-Beg.Core 11-12-YogaStretch 3-4pm-SilverSneakers 5-6pm-Body Blast 6-7pm-Hatha Yoga 7-8pm-Fusion Strength Yoga 7-8pm-Equipment Orientation	15 9-10am-Aqua Zumba! 9-10am-Turbo Kick 1-2pm-UCare 5-6pm-Pump it Up! 6-7pm-Zumba! 7-9:30pm-Adult Drop -in Basketball 7-8pm-Cardio Kick-boxing 7-8pm-Equipment Orientation	16 9-10am-Killer Core 3-4pm-SilverSneakers 5-6pm-Sport Step 6:15-7:15pm-Belly Dance-Intermediate 6:30-7:30pm-Waterworks 6-7pm-Vinyasa Flow Yoga 7:15-8:30pm-Belly Dance-Beginner	17 5:30-6:30am-Body Blast (class min. 5) 7:30-8:30am-UCare 9-10am-Waterworks 9-10am-Zumba! 10:15-11:15am-YogaStretch 10:15-11:15am-Equipment Orientation	18 8:00-8:50am-Killer Core 9:00-10:00am-Body Blast
Feb. 19	20 7:30-8:30am-UCare 9-10am-Waterworks 9-10am-CardioKick (Renee) 1-2pm-UCare 5-6pm-Sport Step 6:15-7:15pm-Pilates 6:30-7:30pm-Waterworks 6:30-8pm-Martial Arts	21 9-10am-Killer Core 10:15-10:45-Beg.Core 11-12-YogaStretch 3-4pm-SilverSneakers 5-6pm-Body Blast 6-7pm-Hatha Yoga 7-8pm-Fusion Strength Yoga 7-8pm-Equipment Orientation	22 9-10am-Aqua Zumba! 9-10am-Turbo Kick 1-2pm-UCare 5-6pm-Pump it Up! 6-7pm-Zumba! 7-9:30pm-Adult Drop -in Basketball 7-8pm-Cardio Kick-boxing 7-8pm-Equipment Orientation	23 9-10am-Killer Core 11-12-SilverSneakers 5-5:55pm-Step & Sculpt 6-7pm-TurboKick 6:30-7:30pm-Waterworks 6-7pm-Vinyasa Flow Yoga 7:15-8:30pm-Belly Dance-intermediate	24 5:30-6:30am-Body Blast (class min. 5) 7:30-8:30am-UCare 9-10am-Waterworks 9-10am-Zumba! 10:15-11:15am-YogaStretch 10:15-11:15am-Equipment Orientation	25 8:00-8:50am-Killer Core 9:00-10:00am-Body Blast
Feb. 26	27 7:30-8:30am-UCare 9-10am-Waterworks 9-10am-TurboKick 1-2pm-UCare 5-5:55pm-R.I.P.P.E.D. 6-7pm-PiYo 6:30-7:30pm-Waterworks 6:30-8pm-Martial Arts -Gym	28 9-10am-Killer Core 10:15-10:45-Beg.Core 11-12-YogaStretch 3-4pm-SilverSneakers 5-6pm-Body Blast 6-7pm-Hatha Yoga 7-8pm-Fusion Strength Yoga 7-8pm-Equipment Orientation	29 9-10am-Aqua Zumba! 9-10am-Turbo Kick 1-2pm-UCare 5-6pm-Pump it Up! 6-7pm-Zumba! 7-9:30pm-Adult Drop -in Basketball 7-8pm-Cardio Kick-boxing 7-8pm-Equipment Orientation	Mar. 1 9-10am-Killer Core 11-12-SilverSneakers 5-5:55pm-Step & Sculpt 6-7pm-TurboKick 6:30-7:30pm-Waterworks 6-7pm-Vinyasa Flow Yoga 7:15-8:30pm-Belly Dance-intermediate	2 5:30-6:30am-Body Blast (class min. 5) 7:30-8:30am-UCare 9-10am-Waterworks 9-10am-Zumba! 10:15-11:15am-YogaStretch 10:15-11:15am-Equipment Orientation	3 No Killer Core 8:00-9am-Body Blast in Bridge Room Class Max: 14
Mar. 4	5 7:30-8:30am-UCare 9-10am-Waterworks 9-10am-TurboKick 1-2pm-UCare 5-5:55pm-R.I.P.P.E.D. 6-7pm-PiYo 6:30-7:30pm-Waterworks 7-8pm-Zumba! 6:30-8pm-Martial Arts	6 9-10am-Killer Core 10:15-10:45-Beg.Core 11-12-YogaStretch 3-4pm-SilverSneakers 5-6pm-Body Blast 6-7pm-Hatha Yoga 7-8pm-Fusion Strength Yoga 7-8pm-Equipment Orientation	7 9-10am-Aqua Zumba! 9-10am-Turbo Kick 1-2pm-UCare 5-6pm-Pump it Up! 6-6:45pm-Shake it up! 7-9:30pm-Adult Drop -in Basketball No Cardio Kick-boxing 7-8pm-Equipment Orientation	8 9-10am-Killer Core 11-12-SilverSneakers 5-5:55pm-Step & Sculpt 6-7pm-TurboKick 6:30-7:30pm-Waterworks 6-7pm-Vinyasa Flow Yoga 7:15-8:30pm-Belly Dance-intermediate	9 5:30-6:30am-Body Blast (class min. 5) 7:30-8:30am-UCare 9-10am-Waterworks 9-10am-Zumba! 10:15-11:15am-YogaStretch 10:15-11:15am-Equipment Orientation	10 8:00-8:50am-Killer Core 9:00-10:00am-Body Blast
Mar. 11	12 7:30-8:30am-UCare 9-10am-Waterworks 9-10am-TurboKick 1-2pm-UCare 5-5:55pm-R.I.P.P.E.D. 6-7pm-PiYo 6:30-7:30pm-Waterworks 7-8pm-Zumba! 6:30-8pm-Martial Arts	13 9-10am-Killer Core 10:15-10:45-Beg.Core 11-12-YogaStretch 3-4pm-SilverSneakers 5-6pm-Body Blast 6-7pm-Hatha Yoga 7-8pm-Fusion Strength Yoga 7-8pm-Equipment Orientation	14 9-10am-Aqua Zumba! 9-10am-Turbo Kick 1-2pm-UCare 5-6pm-Pump it Up! 6-6:45pm-Shake it up! 7-9:30pm-Adult Drop -in Basketball 7-8pm-Cardio Kick-boxing	15 9-10am-Killer Core 11-12-SilverSneakers 5-5:55pm-Step & Sculpt 6-7pm-TurboKick 6:30-7:30pm-Waterworks 6-7pm-Vinyasa Flow Yoga 7:15-8:30pm-Belly Dance-intermediate	16 5:30-6:30am-Body Blast (class min. 5) 7:30-8:30am-UCare 9-10am-Waterworks 9-10am-Zumba! 10:15-11:15am-YogaStretch 10:15-11:15am-Equipment Orientation	17 8:00-8:50-Killer Core (Laura) 9:00-10:00-Body Blast (Laura)
Mar. 18	19 7:30-8:30am-UCare 9-10am-Waterworks 9-10am-TurboKick 1-2pm-UCare 5-5:55pm-R.I.P.P.E.D. 6-7pm-PiYo 6:30-7:30pm-Waterworks 7-8pm-Zumba! 6:30-8pm-Martial Arts	20 9-10am-Killer Core 10:15-10:45-Beg.Core 11-12-YogaStretch 3-4pm-SilverSneakers 5-6pm-Body Blast 6-7pm-Hatha Yoga 7-8pm-Fusion Strength Yoga 7-8pm-Equipment Orientation	21 9-10am-Aqua Zumba! 9-10am-Turbo Kick 1-2pm-UCare 5-6pm-Pump it Up! 6-6:45pm-Shake it up! 7-9:30pm-Adult Drop -in Basketball 7-8pm-Cardio Kick-boxing	22 9-10am-Killer Core 11-12-SilverSneakers 5-5:55pm-Step & Sculpt 6-7pm-TurboKick 6:30-7:30pm-Waterworks 6-7pm-Vinyasa Flow Yoga 7:15-8:30pm-Belly Dance-intermediate	23 5:30-6:30am-Body Blast (class min. 5) 7:30-8:30am-UCare 9-10am-Waterworks 9-10am-Zumba! 10:15-11:15am-YogaStretch 10:15-11:15am-Equipment Orientation	24 8:00-8:50am-Killer Core 9:00-10:00am-Body Blast

Child Care Hours

Monday through Saturday:
8:45am-12:00pm

Monday through Thursday:
5:00pm-8:30pm

Sundays: CLOSED