

CD=Charlene Duvall  
 KK=Kim King  
 QM=Qweshanda Maney  
 DP=Devin Poole  
 RP = Rachel Peaks  
 JR = Jennifer Ridge



LC=Lynnette Carter  
 PJ=Patricia Jankowsky  
 BD=Brooke Diaz  
 EH = Evelyn Hall  
 SW = Stephanie Wendorff

**JULY 2014 CLASS SCHEDULE**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30 AM	(SW) Mix & Max (LC) Water Aerobics	(LC) Sculpt & Tone	(LC) Mix & Max	(LC) Sculpt & Tone	(SW or JR) Mix & Max (LC) Water Aerobics	
9:30 AM	(LC) SS Classic	(LC) SS Cardio Circuit	(LC) Water Aerobics	(CD) SS Yoga	(LC) SS Classic	(EH) Kids Aerobics
10:30 AM	(CD) SS Yoga	(RP) House Party Fitness	(QM) On My Weigh House Party Fitness	(RP) House Party Fitness		(QM) On My Weigh House Party Fitness
11:30				(CD) Yoga		
1:30						
4:00 PM		(EH) Kids Aerobics		(EH) Kids Aerobics		
5:00 PM	(JR) Mix & Max	(RP or QM) House Party Fitness		(BD) House Party Fitness	(CD) Kids Yoga	
6:00 PM	(CD) Yoga	(KK) Fat Blaster (SH) Water Aerobics	(DP) Athletic Yoga	(KK) Fat Blaster (SH) Water Aerobics	(CD) Yoga	
7:00 PM	(PJ) Zumba	(PJ) Zumba Toning	(PJ) Zumba	(CD) Yoga	(BD) House Party Fitness	

**SS Classic**- *Silver Sneakers* class- Muscle Strength & Range of Movement will help to improve agility, balance, coordination and activities for daily living, using a chair, ball, free weights, and bands.

**Fat Blaster**- This class will blast fat cells and burn calories, using multiple disciplines including circuit, intervals, kickboxing, and step!

**Kids Aerobics**- A fun filled class to keep your child moving aerobically by playing games and challenging obstacle courses, they won't even realize they are working out!

**Kids Dance Party**- A high-energy dance class with cardio-based dance movements that are easy to learn and follow. No dance experience required!

**Kids Yoga**- This class is done while the instructor tells a story and incorporates yoga poses through- out that coordinate with the story. This is a fun relaxing, learning time for your child.

**Mix & Max** - A full on calorie scorching aerobics class with a variation of Step, Intervals, Super Sets, and Tabatas.

**Sculpt & Tone**- Reshape, sculpt and tone your body using a combination of free weights, bars, bands, balls, and mats.

**Yoga** - A class to stretch your mind, body, and spirit. Several modifications are taught to make your experience as relaxed or challenging as you like.

**SS Yoga Stretch**- *Silver Sneakers* class will move your whole body through a complete series of seated and standing yoga poses designed to increase flexibility, balance and range of movement.

**Zumba**- Latin inspired dance-fitness class with cardio-based dance movements that are easy to follow. No dance experience required!

**House Party Fitness**- Enjoy hip hop beats with moves that target the areas of your body that you want toned, and the cardio will melt the fat away.

**Water Aerobics** – Full body work out in the enjoyment of water!! Low impact – easy on the joints!! Everyone welcome!!

**Athletic Yoga** –

**SS Cardio Circuit** – *Silver Sneakers* – All Welcome!! Strength training and range of motion with cardio intervals.