



























Community Ed. & Recreation

SPRING Fitness Offerings

Class Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:00-6:00AM	 Top Flight		 Top Flight		 Top Flight
5:15-6:00AM	SPINNING 		SPINNING 		SPINNING 
8:00-9:00AM	 Top Flight		 Top Flight		 Top Flight
10:00-10:45AM	Zumba Gold 				
3:15-4:00PM	SPINNING 		SPINNING 		
4:15-5:0PM	Yoga 		ZUMBA 		
4:15-4:45PM		Core Fitness 		Core Fitness 	
5:00-6:00PM	Tai Chi 			Body Basics I 	
5:15-6:00PM	Boot Camp 		Boot Camp 		
5:15-6:15PM	ZUMBA 				
5:30-6:30PM		 Top Flight		 Top Flight	
6:00-6:45PM	SPINNING 		SPINNING 		

PICTURE CODING:

SPINNING - 

Top Flight - 

Boot Camp - 

Yoga - 

Tai Chi - 

Body Basics I - 

Core Fitness - 

ZUMBA - 

ZUMBA Gold - 