



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

August 2024 Group Ex Schedule Northwest

Monday

CLASS TIME	CLASS NAME	LOCATION
6:30-7:15am	Intervals Audra	Wellness Studio
9-9:45am	Zumba Toning Victoria	Wellness Studio
10-10:45am	Zumba Mollie	Wellness Studio
11-11:45am	SilverSneakers® Kathy	Wellness Studio
4:30-5:15pm	Cardio Strength Liz W.	Wellness Studio
5:45-6:30pm	Dance Fitness Stacy	Upstairs Studio

Tuesday

CLASS TIME	CLASS NAME	LOCATION
5:30-6:15am	Cycling Stephenie	Upstairs Studio
6:30-7:15am	Barbell Class Audra	Wellness Studio
10-10:45am	Zumba Tiffany C.	Wellness Studio
11-11:45am	Strength Tiffany C.	Wellness Studio
5:30-6:30pm	Zumba Shelly	Wellness Studio
5:30-6:30pm	Yoga Jasmine	Upstairs Studio

Wednesday

CLASS TIME	CLASS NAME	LOCATION
6:30-7:15am	Intervals Audra	Wellness Studio
9-9:45am	Dance Fitness Tiffanie L.	Upstairs Studio
10-10:45am	Zumba Mollie	Wellness Studio
11-11:45am	SilverSneakers® Sandy E.	Wellness Studio
4:30-5:15pm	Cardio Strength Liz W.	Wellness Studio
5:30-6:15pm	Cycling Casey	Upstairs Studio

Thursday

CLASS TIME	CLASS NAME	LOCATION
5:30-6:15am	Cycling Stephenie	Upstairs Studio
6:30-7:15am	Barbell Class Audra	Wellness Studio
10-10:45am	Zumba Tiffany C.	Wellness Studio
11-11:45am	Strength Tiffany C.	Wellness Studio
4:30-5:15pm	Step/Strength Julie	Wellness Studio
5:30-6:30pm	Dance Fitness Connie H.	Wellness Studio
5:30-6:30pm	BODYBALANCE® Jasmine	Upstairs Studio



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Friday

CLASS TIME	CLASS NAME	LOCATION
9-9:45am	Zumba Toning Victoria	Wellness Studio
10-10:45am	Zumba Victoria	Wellness Studio
11-11:45am	SilverSneakers® Sandy E.	Wellness Studio

Saturday

CLASS TIME	CLASS NAME	LOCATION
8-8:45am	Cycling Casey	Upstairs Studio
9-9:45am	Strength Casey	Wellness Studio
10-10:45am	Cardio Dance Audra/Connie H.	Wellness Studio
11-11:45am	Dance Fitness Stacy	Upstairs Studio

Saturdays at Tuhey Pool

Please join us for outdoor yoga with Kellie at 8am. Mats will be limited, so please bring your own if you have one. It is important to arrive early, as we will lock the gate when class starts at 8am.



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August 2024 Group Ex Schedule

MCHS Fieldhouse

Monday

CLASS TIME	CLASS NAME	LOCATION
10:30-11:15am	SilverSneakers® Karen	Gymnasium
12:15-1pm	Strength Intervals Jessica	Hospitality Room

Tuesday

CLASS TIME	CLASS NAME	LOCATION
10:30-11:15am	SilverSneakers® Brenda	Gymnasium
12:15-12:45pm	Cardio Kickboxing Jama	Hospitality Room
5:45-6:30pm	BODYPUMP® Connie T.	Hospitality Room

Wednesday

CLASS TIME	CLASS NAME	LOCATION
10:30-11am	S.S Yoga Stretch® Karen	Gymnasium
12:15-1pm	Strength Intervals Jessica	Hospitality Room
5:45-6:45pm	Dance Fitness Stacy	Hospitality Room

Thursday

CLASS TIME	CLASS NAME	LOCATION
10:30-11:15am	SilverSneakers® Brenda	Gymnasium
5:45-6:30pm	BODYPUMP® Connie T.	Hospitality Room

Friday

CLASS TIME	CLASS NAME	LOCATION
12:15-1pm	BODYBALANCE® Jessica	Hospitality Room

Saturday

CLASS TIME	CLASS NAME	LOCATION
8:30-9:15am	BODYPUMP® Michelle	Hospitality Room
9:30-10:15am	BODYBALANCE® Jessica	Hospitality Room



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August 2024 Group Ex Schedule

Yorktown

Monday

CLASS TIME	CLASS NAME	LOCATION
9:15-10am	Cycling Carly	Cycling Area
9:15-10am	SilverSneakers® Loretta	Group Exercise Studio
5:30-6:30pm	BODYBALANCE® Kamna	Group Exercise Studio

Tuesday

CLASS TIME	CLASS NAME	LOCATION
9-9:45am	Strength Carly	Group Exercise Studio
10-10:45am	SilverSneakers® Candee	Group Exercise Studio
11-11:45am	Zumba Gold® Victoria	Group Exercise Studio
4:45-5:30pm	Intervals Kalene	Group Exercise Studio
6-6:45pm	BODYPUMP® Lauren	Group Exercise Studio

Wednesday

CLASS TIME	CLASS NAME	LOCATION
9:15-10am	Cycling Carly	Cycling Area
9:15-10am	SilverSneakers® Sandy E.	Group Exercise Studio
5:30-6:30pm	BODYBALANCE® Kamna	Group Exercise Studio
6:45-7:45pm	Cardio Boxing Raeen	Group Exercise Studio

Thursday

CLASS TIME	CLASS NAME	LOCATION
9-9:45am	Strength Kamna	Group Exercise Studio
10-10:45am	SilverSneakers® Candee	Group Exercise Studio
11-11:45am	Zumba Gold® Sharon	Group Exercise Studio
4:45-5:30pm	Intervals Kalene	Group Exercise Studio
6-6:45pm	BODYPUMP® Lauren	Group Exercise Studio
7-7:45pm	Dance Fitness Donica	Group Exercise Studio

Friday

CLASS TIME	CLASS NAME	LOCATION
9:15-10am	Cycling Pat	Cycling Area
9:15-10am	SilverSneakers® Sandy E.	Wellness Studio

Saturday

CLASS TIME	CLASS NAME	LOCATION
8:15-9am	Cycling Kalene	Cycling Area