

FITNESS CLASSES @ Bill Heddles Rec Center... April 2019

AM Classes	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 - 7:00	Body Bar & Abs Jen	Tabata Jenny B. (6:00 - 6:45)	Spin-Bata Melody (6:00-6:45)	Pilates Jen (6:00-6:45)	Cycle & Abs Jen		
8:15- 8:45							
9:00 - 10:00		Body Bar Ashlee		Body Bar Jen			
9:00 - 10:00	Senior Circuit Rodney in weight room (9:00-10:15)	Healthy Body Strong Bones Billie/Jennifer S. - Gym	Senior Circuit Rodney in Weight Room (9: 00-10:15)	Healthy Body Strong Bones Billie/Jennifer S. -Gym	Pilates Kindra		
9:00 - 10:15	Body Blitz Ext. Jenny B. (9:00 - 10:10)	Senior Circuit Ed in Weight Room (9:00 - 10:15)	Body Blitz Ext. Kindra (9:00 - 10:10)	Senior Circuit Whitnee in Weight Room (9:00 - 10:15)	Senior Circuit Gary in Weight Room (9:00 - 10:15)		
10:00 - 10:45		Silver Sneakers CLASSIC Tanya - Gym		Silver Sneakers CLASSIC Jennifer S. - Gym			
10:00 - 11:00	Fit & Focus- Rodney (10:15-10:45)	Spin-Bata Jennifer S. (10:00-10:45)	Fit & Focus Rodney (10:15-10:45)	Cycle & Abs Robin (10:00-10:45)			
11:00 - 12:00							
PM 12:00 - 1:00	Pilates Kindra (12:00-12:45)	Tabata Whitnee (12:15-12:45)	Dance Fit Kindra (12:00 - 12:45)	Tabata Jess (12:15-12:45)			
12:15 - 1:00							
4:30 - 5:25	Spin-Bata Robin (4:30-5:15)	Body Bar+ Mianna (4:30-5:15)	Pilates Ashlee (4:30 - 5:15)	Dance Fit Ashlee			
5:30 - 6:30	Kettle Kick Kindra	Total Body Blitz Robin	Spin-Bata Jen (5:30-6:15)	Body Bar + Melody			
6:30 - 7:00							

***Note: Any class with 5 or less in attendance for 3 consecutive weeks may/will be dropped.**