

Fitness Classes @ Bill Heddles Rec Center - May 2024

AM Classes	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 – 7:00	Morning Ride Alisa (6:00-6:45)	Movement Medicine Melody	Power Pilates and Pump Melody	Sizzle Circuit Alisa (6:00-6:45)	Spin-bata Melody (6:00-6:45)		
9:00 – 10:00	Long and Strong Patrice	Body Blitz Robin	**TRX 360 Amber	Body Blitz Patrice	Pilates Kindra		
9:00 – 10:00	Senior Circuit Ed - Circuit Room <div style="background-color: #cccccc; height: 10px; width: 100%;"></div>	Senior Circuit Kindra - Circuit Room <div style="background-color: #cccccc; height: 10px; width: 100%;"></div>	Senior Circuit Jen - Circuit Room	Senior Circuit Amber - Circuit Room <div style="background-color: #cccccc; height: 10px; width: 100%;"></div>	Senior Circuit Sean - Circuit Room		
9:00 – 9:45		Move It or Lose It! Jen-Gym		Move It or Lose It! Jen/Kindra-Gym			
10:00 – 10:45		Silver Sneakers CLASSIC Tanya-Gym		Silver Sneakers CLASSIC Twyla-Gym			
PM Classes							
12:00 – 12:45	Pilates Kindra (12:00-12:45)						
4:30-5:15		**TRX Fusion Betsy NEW!!	Spin-bata Cancelled	Dance Fit Callie			
5:30 – 6:30	HIIT Robin	Body Blitz Robin	**TRX Circuit Robin	HIIT Circuit Amber			

****Please take note, the highlighted TRX classes are drop in \$8 classes and are not included in the admission to the Rec Center; limited space; we offer registration option 24 hours in advance**