

Group Fitness Class Schedule

Summer 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
--- MORNING CLASSES ---						
				Spin 5:30-6:15am Kelly W. 208015	Strength Training 7:15-8:15am Monique V. 208005	
	A.M. Boot Camp 5:30-6:30am Bernie C. 208024			A.M. Boot Camp 5:30-6:30am Bernie C. 208024	Spin 8:30-9:15am Kelly W. 208015	
		Fit 4 Life 9:15-10:15am Tanner 208017			Pilates 8:30-9:30am Monique V. 208006	Gentle Yoga 9:00-10:00am Rynee G 208011
Classic Yoga 9:00-10:00am Dee C. 208008	20/20/20 9:00-10:00am Bernie C. 208001	Intermediate Yoga 9:00-10:00am Dee C. 208008	Classic Yoga 9:00-10:00am Dee C. 208008	20/20/20 9:00-10:00am Bernie C. 208001	Lower Body Burnout 9:45-10:45am Kelly W. 208028	
Dance Fitness 10:15-11:15am Carolyn L. 208022					WERQ 10:45-11:45am Kelly W. 208027	
--- EVENING CLASSES ---						
Hula Hoop Fusion 5:15-6:00pm Janet W. 208050	6 Pack Abs 5:30-6:00pm Janet W. 208001	Body Sculpt & Flex 5:00-6:00pm Janet W. 208002	Total Body Interval 5:15-6:00pm Janet W. 208020			
Body Sculpt & Flex 6:00-7:00pm Janet W. 208002	Cardio Kickboxing 6:00-7:00pm Janet W. 208004	Pilates Fusion 6:00-7:00pm Janet W. 208006	Body Sculpt Fusion 6:00-7:00pm Janet W. 208003			
Strong by Zumba® 7:00-8:00pm Lauren M. 208009	Barre 6:00-7:00pm Kelly W. 208026	Zumba® 7:00-8:00pm Lauren M. 208009	WERQ 6:00-7:00pm Kelly W. 208027			
			Flexibility & Mobility 7:00-8:00pm Kelly W. 208030			

- Class offerings are Subject to change. Contact ARC Center for further information -

ROOM LOCATION:



Group Exercise Room



Spin Room



MAC Gym



Dance Room