



# Group Fitness Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM		<b>Total Body</b> Bob		<b>Total Body</b> Bob		<b>Cardio Physique</b> 7:00:00 AM Sue	
8:00 AM					<b>8:30 Bootcamp</b> (Gym) Barb	<b>B-STEP</b> 8:00 AM Bob	
8:30 AM	<b>Zumba</b> Lindsay		<b>LaBlast</b> Chris		<b>Zumba</b> Shelia	<b>Zumba in Motion</b> 9:05 AM Robert	
9:30 AM	<b>Yoga</b> Cathy	<b>Total Body</b> Christina	<b>Total Body</b> Sue	<b>Total Body</b> Nikki	<b>Total Body</b> Nikki		
9:30 AM GYM	<b>Cardio Circuit</b> Diana						
8:15 AM POOL						<b>Power Splash</b> 8:15 AM Becky	
9:30 AM POOL		<b>Cardio H2O</b> Carolyn		<b>Cardio H2O</b> Carolyn		<b>Deep Water CSI</b> 9:20 AM Becky	
9:40 AM POOL	<b>Combo H2O</b> Christina		<b>Combo H2O</b> Christina		<b>Combo H2O</b> Christina		
10:30 AM		<b>Yoga</b> Cathy		<b>Yoga</b> Connie			
11:30 AM		<b>Group Cycle</b> 11:30 AM Carolyn		<b>Group Cycle</b> 11:30 AM Carolyn			<b>Cycle Plus</b> 12:30 PM Becky
1:30 PM							<b>Total Body</b> 1:30 PM Becky
4:30 PM	<b>Yoga</b> Cathy	<b>Bootcamp Plus</b> Abby	<b>Yoga</b> Becky	<b>HIIT</b> Leslie	<b>Mind-Body Mix</b> Becky		<b>Zumba Circuit</b> 2:30 PM Shelia
4:30 PM POOL		<b>Power Splash</b> Becky		<b>Power Splash</b> Becky			<b>Line Dancing</b> 4:00 PM Cynthia
5:30 PM	<b>Total Body</b> Bob	<b>Total Body</b> Leslie	<b>Cycle Plus</b> Becky	<b>Swerk</b> Jackie	<b>Cycle Plus</b> Becky		
6:30 PM	<b>Cycle Plus</b> Bob	<b>5:30 Zumba</b> (GYM) Robert	<b>Zumba Circuit</b> Shelia	<b>Yoga</b> Davina/Janine	<h2><u>ANNOUNCEMENTS</u></h2> <p>Beginning Thursday, December 5th the 6:30pm Yoga will now be High Fitness with Jill as the instructor!</p>		
6:30 PM POOL		<b>Power Splash</b> Becky	<b>Power Splash</b> Becky				
7:00 PM POOL	<b>Deep H2O</b> Julie	<b>6:30 LaBlast</b> Chris	<b>Deep H2O</b> Julie				
7:30 PM	<b>Core Flex</b> Bob		<b>Zumba</b> Annie				

**Daily Drop-In Rate:**

\$5 per class

**VRC Members only:**

Unlimited pass \$150

**20 Class Pass:**

Member \$40 / Resident \$50 / Non-Resident \$70

**50 Class Pass:**

Member \$75 / Resident \$100 / Non-Resident \$150

RainOut Line: 552-2200

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**Ages**  
**15 +**

**SCHEDULE IS OPEN TO CHANGE DUE TO CLASS PARTICIPATION**

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