



Group Fitness Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM		Total Body Bob		Total Body Bob		Cardio Physique 7:00:00 AM Sue	
8:00 AM					8:30 Bootcamp (Gym) Barb	B-STEP 8:00 AM Bob	
8:30 AM	Zumba Lindsay		LaBlast Chris		Zumba Shelia	Zumba in Motion 9:05 AM Robert	
9:30 AM	Yoga Cathy	Total Body Christina	Total Body Sue	Total Body Nikki	Total Body Nikki		
9:30 AM GYM	Cardio Circuit Diana						
8:15 AM POOL						Power Splash 8:15 AM Becky	
9:30 AM POOL		Cardio H2O Carolyn		Cardio H2O Carolyn		Deep Water CSI 9:20 AM Becky	
9:40 AM POOL	Combo H2O Christina		Combo H2O Christina		Combo H2O Christina		
10:30 AM		Yoga Cathy		Yoga Connie			
12:30 PM							Group Cycle 12:30 PM Becky
1:30 PM							Total Body 1:30 PM Becky
4:30 PM	Yoga Cathy	Total Body (subs)	Yoga Becky	Total Body (subs)	Mind-Body Mix Becky		Zumba Circuit 2:30 PM Shelia
4:30 PM POOL		Power Splash Becky		Power Splash Becky			Line Dancing 4:00 PM Cynthia
5:30 PM	Total Body Bob	Total Body Abby	Cycle Plus Becky	Swerk Abby/Jackie	Cycle Plus Becky		
6:30 PM	Cycle Plus Bob	5:30 Zumba (GYM) Robert	Zumba Circuit Shelia	Yoga Davina	ANNOUNCEMENTS *New Yoga classes* Tuesdays and Thursdays 10:30am-11:20am beginning 8/20!		
6:30 PM POOL		Power Splash Becky	Power Splash Becky				
7:00 PM POOL	Deep H2O Julie	6:30 LaBlast Chris	Deep H2O Julie				
7:30 PM	Core Flex Bob		U-Jam Amy	Zumba 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

Visit us Online at:

<http://vandaliaohio.org/recreation/reccenter/>



Ages
15 +

SCHEDULE IS OPEN TO CHANGE DUE TO CLASS PARTICIPATION

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