



Monday	Class	Room	Instr.
5:15-6:15am	Muscle Madness	AR	Monica
8:15-9:15am	Muscle Madness*	AR	Jo Ellen
9:15-10:15am	Cardio Kickboxing	AR	Tammy
9:15-10:15am	Cycling*	CR	Deanna
9:45-10:45am	Zumba	Gym	Honey
9:30-10:30am	Splash **	Pool	Calisse
10:15-11:15am	CSI (Cardio Strength Intervals)	AR	Brook
11:15-12:15pm	Beginner Yoga*	CR	Cathie
11:15-12:15pm	SilverSneakers Classic*	AR	Calisse
12:30-1:30pm	Gentle Fitness	AR	Sharon
1:30-2:30pm	SilverSneakers Classic	AR	Micki
4:45-5:45pm	Zumba	AR	Laura
5:30-6:30pm	Cycling*	CR	Mark
6:00-6:30pm	Step It Up*	AR	Karen
6:30-7:15pm	Muscle Madness*	AR	Karen
6:30-7:30pm	Vinyasa Yoga*	CR	Char

Tuesday	Class	Room	Instr.
5:15-6:15am	Cardio Core Conditioning	AR	Monica
5:15-6:15am	Cycling*	CR	Jeanie
8:30-9:30am	Cycling*	CR	JoEllen
8:30-9:30am	Hatha Yoga	WW	Melinda
9:15-10:15am	Muscle Madness	AR	Deanna
9:30-10:30am	<b>Aqua Zumba</b>	Pool	Marla
<b><u>Lookout Pool Aug 14 &amp; 21</u></b>			
9:45-10:45am	Pilates	CR	Amy M.
10:15-11:15am	Cardio Core Conditioning	AR	Jody Lee
11:15-12:15pm	SilverSneakers Circuit*	AR	Andrea
12:30-1:15pm	SilverSneakers Cardio	AR	Andrea
5:00-6:00pm	PiYo	AR	<b><u>Emily/Laura</u></b>
6:30-7:30pm	Pilates	CR	Char
6:00-7:00pm	Step It Up	AR	Terri
7:00-8:00pm	Zumba*	AR	Honey

## Bodyweight Conditioning Class

STARTS AUGUST 6TH

This class is for people who want to work with a Certified Personal Trainer in a small group setting.

The class will consist of bodyweight movements like squats, pushups, burpees, boxing, running, etc. to give you a dynamic & effective workout!

**Mondays, Wednesdays & Fridays**

**5:15-6:00 pm (12 classes)**

**Cost: \$80 Dist/\$100 N-Dist**

**10% off for the August session**

**Class Number: 453**

Please register online at [trailsrecreationcenter.org](http://trailsrecreationcenter.org) or

At The Trails Front Desk.

Wednesday	Class	Room	Instr.
5:15-6:15am	Cycling*	CR	Jeanie
5:15-6:15am	Vinyasa Yoga	WW	Frieda
8:30-9:30am	Splash**	Pool	Nancy
9:15-10:00am	Cardio Kickboxing	AR	Amy S.
9:15-10:15am	Cycling*	CR	Deanna
9:30-10:30am	Zumba	Gym	Amy C.
9:30-10:30am	Stretched & Balanced*	WW	Jody Lee
10:00-11:00am	CSI (Cardio Strength Intervals)	AR	Nancy
11:15-12:15pm	Beginner Yoga*	WW	Cathie
11:15-12:15pm	SilverSneakers Classic*	AR	Melinda
12:30-1:30pm	Gentle Fitness	AR	Sharon
5:00-6:00pm	Muscle Madness	AR	<b><u>JodyLee/Terri</u></b>
5:30-6:30pm	Cycling*	CR	DeDee
6:30-7:30pm	Vinyasa Yoga	WW	Frieda
6:30-7:30pm	CSI (Cardio Strength Intervals)	AR	Karen



Thursday	Class	Room	Instr.
5:15-6:15am	CSI (Cardio Strength Intervals)	AR	Jeanie
7:30-8:30am	Muscle Madness	AR	Brook
8:30-9:30am	Cycling*	CR	Amy M.
8:30-9:30am	Hatha Yoga	WW	Melinda
9:15-10:15am	Muscle Madness	AR	Jody Lee
9:30-10:30am	<b><u>Splash</u></b>	Pool	Paula
<b><u>Lookout Pool Aug 16 &amp; 23</u></b>			
9:45-10:45am	Pilates	CR	Amy M.
10:15-11:15am	Step It Up	AR	Jody Lee
11:15-12:15pm	SilverSneakers Circuit*	AR	Andrea
6:00-7:00pm	CSI (Cardio Strength Intervals)	AR	Adriana
6:45-7:30pm	Splash**	Pool	Calisse
7:00-8:00pm	Zumba	AR	Adriana

Friday	Class	Room	Instr.
5:15-6:15am	Cycling*	CR	Jody
8:30-9:30am	Muscle Madness	AR	Carla
9:15-10:15am	Cycling*	CR	Jo Ellen
9:30-10:30am	Splash**	Pool	Terri
9:30-10:30am	Zumba	Gym	Laura
10:00-11:00am	PiYo	AR	Amey S.
11:15-12:15pm	Beginner Yoga	AR	Cathie
12:30-1:30pm	Gentle Fitness	AR	Sharon
1:30-2:30pm	SilverSneakers Classic	AR	Micki
5:15-6:15pm	Butts & Guts Plus	AR	Karen
6:15-7:15pm	Zumba	AR	Amy C.

Saturday	Class	Room	Instr.
8:00-9:00am	CSI (Cardio Strength Intervals)	AR	Brook
8:30-9:30am	Stretched & Balanced*	WW	Shirl
9:00-10:00am	Cycling*	CR	DeDee
9:00-10:00am	Cardio Kickboxing	AR	Amey S.
9:45-10:45am	Pilates	WW	Brook
10:00-11:00am	Muscle Madness	AR	Amanda
11am-12:00pm	Step It Up	AR	Amanda
12:00-1:00pm	Zumba	AR	Laura/ Marla

**Changes from the previous month's schedule are indicated in bold/underline.**

**\*Class Pass Required**– Pick up at Front Desk no earlier than 1 hour before the start of class.

**Please hold on to your pass until the instructor collects them at the start of class.**

**As a courtesy to others, please consider giving up your pass if you are unable to stay the entire class.**

**All Yoga, Pilates and Stretched & Balanced classes will begin on time and the doors locked immediately to avoid disruption.**

**Room Legend** -AR Aerobics Room, CR Cycling Room, WW Wagon Wheel, Pool, Gym

**Reminder: The entire Trails pool area will be closed from August 12-25 for annual maintenance. Thank you for your patience while we improve our aquatics area!**

**\*\* No Aqua Class M/W/F or Thurs PM**  
**Tues/Thurs AM Aqua Classes held at Lookout Pool during these two weeks!**