|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **TIME** | **CLASS** | **INSTRUCTOR** | **LOCATION** | **MON** | **TUE** | **WED** | **THUR** | **FRI** | **SAT** | **SUN** |
| 6:15-7:00AM | CYCLE THERAPY | BARB/SHAYNA | CLASSROOM | ⏺ |  | ⏺ | ⏺ |  |  |  |
| 8:00-9:30 AM | YOGA | SANDI | CLASSROOM |  | ⏺ |  | ⏺ |  | ⏺ |  |
| 8:30 – 9:30 AM | \*PILATES | JOCETTE | CLASSROOM | ⏺ |  | ⏺ |  | ⏺ |  |  |
| 10:25 – 11:55 AM | CHI GONG/TAI CHI | MELISSA | CLASSROOM |  |  | ⏺ |  |  |  |  |
| 11:00 – 12:30 | CHI GONG/TAI CHI | MELISSA | CLASSROOM | ⏺ |  |  |  | ⏺ |  |  |
| 12:15 – 1:45 PM | \*YOGA | BLISS | CLASSROOM |  | ⏺ |  | ⏺ |  |  |  |
| 5:30 -- 6:30 PM | BUTI YOGA | MICHAELA | CLASSROOM | ⏺ |  |  |  |  |  |  |
| 5:30 – 6:30 PM | ZUMBA FITNESS | LAUREN/JOANN | CLASSROOM |  | **⏺** |  |  |  |  |  |
| 5:30 – 6:30 PM | BODY SCULPT | AIYISHA | CLASSROOM |  |  | **⏺** |  |  |  |  |
| 6:45 – 7:45 PM | BALLROOM DANCING | RICK & PEGGY | CLASSROOM |  |  | **$** | **$** |  |  |  |

**2025**

**MARCH**

**MOUNTAIN FITNESS SOUTH CLASS SCHEDULE**

\* Classes available via zoom in addition to live class

$ Indicates this is not a sponsored Mountain Fitness Class and there will be an extra charge

**SHASTINA CLASS SCHEDULE**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **TIME** | **CLASS** | **INSTUCTOR** | **LOCATION** | **MON** | **TUES** | **WED** | **THUR** | **FRI** | **SAT** | **SUN** |
| 8:00-9:00 AM | FLEX & STRENGTH | BILL | SHASTINA GYM | ⏺ |  | ⏺ |  | ⏺ |  |  |

**Flex & Strength** – A full body strength and flexibility workout in a circuit training format, utilizing weight machines and full body flexibility training.

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **TIME** | **CLASS** | **INSTRUCTOR** | **LOCATION** | **MON** | **TUE** | **WED** | **THUR** | **FRI** | **SAT** | **SUN** |
| 7:00 – 7:30 AM | BLUE DOT | LINDA V | GYM | GYM |  |  |  |  |  |  |
| 7:00 – 7:30 AM | HAVE A BALL | LINDA V | GYM |  |  | GYM |  |  |  |  |
| 7:00 – 7:30 AM | FUN FRIDAY | LINDA V | GYM |  |  |  |  | GYM |  |  |
| 12:30 – 1:00 PM | STANDING TALL | LINDA V | GYM | GYM |  | GYM |  | GYM |  |  |

**THE WELLNESS CENTER CLASS SCHEDULE**

**Blue Dot** – 1 minute strength resistance exercises followed by a 3 minute cardio session

**Have a Ball** – Resistance/Core work on the stability ball

**Fun Friday –** High intensity interval training using weights and body weight

**Standing Tall –** Balance/Core work either standing or on a stability ball

**THE WELLNESS CENTER WATER CLASS SCHEDULE**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **TIME** | **CLASS** | **INSTRUCTOR** | **LOCATION** | **MON** | **TUE** | **WED** | **THUR** | **FRI** | **SAT** | **SUN** |
| 11:00 – 12:00 AM | AQUA FITNESS | LINDA V.,  DONNA, AUDRA | POOL | ⏺ |  | ⏺ |  | ⏺ |  |  |
| 9:00 – 10:00 AM | LAP SWIMMING \* | | POOL | ⏺ | ⏺ | ⏺ | ⏺ | ⏺ |  |  |
| 2:00 – 3:00 PM | QUIET WATER TIME \*\* | | POOL | 🕊 | 🕊 | 🕊 | 🕊 | 🕊 | 🕊 | 🕊 |
| 2:00 – 4:00 PM | QUIET WATER TIME \*\* | | POOL |  | 🕊 |  | 🕊 |  | 🕊 | 🕊 |

\* *Please limit swim time if others are waiting*

*\*\* Not a desirable time for children or family activities*