

Group Exercise Schedule

Kiski Valley Branch - June 2018

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Beat Cycle 6-6:50 AM Francine				Mixed Cycle 6-6:50 AM Mel				Beat Cycle 6-6:50 AM Francine			
SS Cardio 8-8:45 AM Alice				SS Circuit 8-8:45 AM (1st Wed of Month)	Group Circuit 8-8:45 AM (2nd-5th Weds)			SS Cardio 8-8:45 AM Debi		Yoga 8-9 AM Carol	
SS Classic 9-9:45 AM Alice		Country Heat 9:15-10:15 AM Amanda		SS Classic 9-9:45 AM (1st Wed of Month)		Country Heat 9:15-10:15 AM Amanda		SS Classic 9-9:45 AM Debi			
Mixed Cycle 9:15 - 10:05 AM Amanda		Hula Hooping 9:15-10 AM Debi		Mixed Cycle 9:15 - 10:05 AM Mel		Hula Hooping 9:15 - 10 AM Debi		Mixed Cycle 9:15 - 10:05 AM Mel		Mixed Cycle 9:15 - 10:05 AM Mel	
1 Minute Drill 10:15-10:45 AM Kari		SS Yoga 10:30-11:15 AM Debi	Yoga Noon-1:00 PM Carol		Moving For Better Balance 10:15-11 AM (1st Wed of Month)		SS Yoga 10:30-11:15 AM Debi		Upper Lower Core 10:15-10:45 AM Mel		
		1 Minute Drill 5:30-6 PM Kari				Upper Lower Core 5:30-6 PM Mel		\$7 Class Pass Will Be Available in 2018 For Non-Members to Take Any Group Exercise Class Except Cycling Basic Training Tuesday/Thursday July 10-August 2 6:15-7:00 PM			
HIIT 6:15-6:45 Bryan	Zumba 6-7 PM Michele	Cycle 6:15 - 7 PM Amanda		Yoga 6:15-7:15 Colleen	Country Heat 6-6:45 Amanda	Beat Cycle 6:15 - 7 PM Francine					
Health Coaching & Personal Training Available See Service Desk For Details				Cycle 7:30-8:30 PM Amanda/Francine **1st & LAST Wednesdays ONLY**							

All classes without a symbol are included in the cost of membership! No pre-registration is necessary.
 Group cycling classes close after the last bike is filled. Please sign-in at the welcome center prior to class. Sign in for self ONLY.

Cycle= Outdoor Ride Simulation Beat Cycle= Ride Moves In Time With Music Mixed Cycle= Combination of Cycle & Beat
SS= Silversneakers (classes geared for those with balance, range of motion or mobility limitations)