



GROUP EXERCISE SCHEDULE CLINTON

Effective August 2020

CLASS PARTICIPANTS MUST BE 13 YEARS OR OLDER

MONDAY

CLASS	INSTRUCTOR	LOCATION
8:30am HIIT	Sarah	Upstairs
9:30am Barre	Beth	Group Exercise Room
10:30am Silver Sneakers - Classic	Nancy	Group Exercise Room
5:30pm Step	Val	Group Exercise Room
5:30pm Y-Cycle	Penny	Cardio Room

TUESDAY

CLASS	INSTRUCTOR	LOCATION
8:00am Water Aerobics - Deep Water	Nancy	Pool
8:30am HIIT	Sarah	Group Exercise Room
9:30am Line Dancing	Ken	Group Exercise Room
9:30am Pilates Reformer	Jessie	Reformer Room
5:30pm HIIT+	Penny	Group Exercise Room
6:00pm Water Aerobics	Beth	Pool

WEDNESDAY

CLASS	INSTRUCTOR	LOCATION
8:30am HIIT	Sarah	Group Exercise Room
8:00am Mat Pilates	Jennifer/Nancy	Group Exercise Room
5:00pm Step	Val	Group Exercise Room

THURSDAY

CLASS	INSTRUCTOR	LOCATION
8:00am Water Aerobics - Silver Splash	Nancy	Pool
8:30am HIIT	Sarah	Upstairs
9:30am Barre Plus	Lori	Group Exercise Room
9:30am Pilates Reformer	Jessie	Reformer Room
5:30pm HIIT+	Penny	Group Exercise Room

FRIDAY

CLASS	INSTRUCTOR	LOCATION
8:30am HIIT	Sarah	Group Exercise Room
9:30am Line Dancing	Ken	Group Exercise Room
10:30am Silver Sneakers Yoga Stretch	Susan	Group Exercise Room
5:30pm Y-Cycle	Penny	Cardio Room

SATURDAY

CLASS	INSTRUCTOR	LOCATION
7:30am Jumprope	Valerie Grace	Group Exercise Room
9:00am Water Aerobics	Nancy	Pool
10:00am Zumba	Khadijah	Group Exercise Room