



WEST RIVER COMMUNITY CENTER

Land & Water Group Fitness Classes (April-June 2012)



MONDAYS

<u>Time</u>	<u>Class</u>	<u>Location</u>
5:35am	Zumba	Studio A
6:45am	Forever Fit	Studio A
8:00am	Water Aerobics	Leisure Pool
8:30am	Zumba/Weights	Studio A
10:00am	SilverSneakers CardioCircuit	Studio B
12:10pm	Cycling	Studio B
4:15pm	Power Pilates	Studio A
5:30pm	Kickbox/CP	Studio A
5:30pm	Yoga Blend	Studio B
6:30pm	Aqua Zumba	Lap Pool
7:00pm	Cycling	Studio B

TUESDAYS

<u>Time</u>	<u>Class</u>	<u>Location</u>
5:35am	Cycling	Studio B
6:00am	Water Aerobics	Leisure Pool
6:00am	Pilates	Studio A
8:00am	Water Aerobics	Leisure Pool
8:30am	Fit Pump	Studio A
10:00am	SilverSneakers MSROM	Studio B
12:00pm	Yoga	Studio B
5:30pm	Cycling	Studio B
5:30pm	Beginner Pilates	Studio A
5:30pm	Water Aerobics	Leisure Pool
7:00pm	Zumba	Mac Gym
7:00pm	Deep Water Aerobics	Lap Pool

WEDNESDAYS

<u>Time</u>	<u>Class</u>	<u>Location</u>
5:35am	Step or Kickbox	Studio A
5:45am	Water Aerobics	Leisure Pool
6:45am	Beginner Step	Studio A
8:00am	Water Aerobics	Leisure Pool
8:30am	Zumba	Studio A
9:00am	Water Aerobics	Leisure Pool
9:15am	Kids Fit	Mac Gym
12:10pm	Cycling	Studio B
5:30pm	Boot Camp	Mac Gym
5:30pm	Yoga Blend	Studio B
5:30pm	Cardio Pump	Studio A
6:30pm	Zumba	Mac Gym
7:00pm	Cycling	Studio B

THURSDAYS

<u>Time</u>	<u>Class</u>	<u>Location</u>
5:35am	Cardio Pump	Studio A
6:00am	Pilates	Studio B
6:00am	Water Aerobics	Leisure Pool
8:00am	Water Aerobics	Leisure Pool
8:30am	Cardio Sculpt	Studio A
9:00am	Aqua Zumba	Lap Pool
10:00am	SilverSneakers Yoga	Studio B
12:00pm	Yoga	Studio A
12:10pm	Pilates	Studio B
5:30pm	Zumba	Mac Gym
5:30pm	Power Pilates	Studio A
5:30pm	Water Aerobics	Leisure Pool
6:30pm	Zumba	Studio B

FRIDAYS

<u>Time</u>	<u>Class</u>	<u>Location</u>
5:35am	Cycling	Studio B
5:35am	Zumba	Studio A
6:45am	Forever Fit	Studio A
8:00am	Water Aerobics	Leisure Pool
9:15am	Kids Fit	MAC Gym
10:00am	SilverSneakers MSROM	Studio B
12:10pm	Cycling	Studio B

SATURDAYS

<u>Time</u>	<u>Class</u>	<u>Location</u>
8:30am	Instructor's Choice**	Studio A/B
9:30am	Pilates or Yoga Blend	Studio A

**See monthly newsletter

NOTES:

- **See monthly newsletter for Saturday classes.
- See class length and descriptions on back.
- Classes may be subject to change.
- Classes will not be held on holidays or holiday weekends.
- All classes may be modified based on your level (i.e. high or low impact).

SEE YOU IN CLASS!