FITNESS CLASSES @ Bill Heddles Recreation Center… Nov. 2010

AM Classes	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 – 6:00			Morning Ride Candace			
6:00 – 7:00	Cycle & Abs + Kiffany		Weights & Stretch Candace		Boxing For Fitness Kiffany	
9:00 – 9:45		Body Bar & Abs Candace		Body Bar & Abs Amberleigh	Yogalates Cristie	Cardio Blast Amberleigh/Betsy
9:00 – 10:00		Healthy Body Strong Bones Billie in Gym	Senior Circuit Gary in Weight Rm	Healthy Body Strong Bones Billie in Gym	Senior Circuit Gary in Weight Rm	
9:00 – 10:15	Cardio Intervals with Weights & Core Cristie		Triple THREAT Cardio, Core & Crazy Strength Cristie			
10:00 – 10:45		SilverSneakers MSROM Gary - Gym		SilverSneakers MSROM Gary - Gym		Healthways SilverSneakers Fitness Program
10:00 – 11:00		Zumba Cristie		Zumba Erin		
PM 12:00 – 1:00	Yogalates + Cristie		Zumba Kindra		Zumba Cristie/Erin	The Center for your BODY, your HEALTH, your LIFE!
12:15 – 1:00		Cycle & Abs Candace Cycle Rm		Cycle & Abs Candace Cycle Rm		
2:00 – 3:00	Senior Circuit Gary in Weight Rm					
4:30 – 5:25	Zumba Kindra	Body Bar + Betsy	Yogalates Betsy	Boxing For Fitness Jake/Betsy		
5:30 – 6:30	Cardio Kick Kindra	Total Body Blitz Erin	Cycle & Abs Amberleigh Cycle Rm Zumba Erin	Body Bar + Kindra		

*Note: Any class with 5 or less in attendance for 3 consecutive weeks may/will be dropped.