

Calendar of Events - February

Mondays

AM Activities

- 9:00 - 10:00 Arthritic Water Class with Debbie Shields
9:00 - 10:00 Beginners Aerobics with Nikki Byrd
10:00 - 11:00 SilverSneakers Exercise Class with John Coplin/Sam Walthers
10:00 - 11:00 Water Aerobics with Barbara Rosenbohm
11:30 - 12:30 Tai Chi with John Shimp*

PM Activities

- 5:00 - 6:30 Aerobics with Vicki Parrish
5:00 - 6:00 Water Aerobics with Brenda Carothers
5:30 - 6:30 Beginner Bike Spinning with Jessica Siefert
6:45 - 7:45 Les Mills Body Pump with Karolien van Gent*
8:00 - 9:00 Les Mills Body Combat with Karolien van Gent*

Tuesdays

AM Activities

- 6:00 - 7:00 Boot Camp with Sam Walthers*
7:30 - 9:00 Advanced Aerobics with Vicki Parrish
9:00 - 10:00 Arthritic Water Aerobics with Chris Poe
10:00 - 11:00 Water Aerobics with Barbara Rosenbohm
10:00 - 11:00 Seniorsize with Chris Poe*
10:00 - 11:00 Fit For Life with John Coplin
11:00 - 12:00 Fit For Life with John Coplin
11:00 - 12:00 Water Aerobics with Barbara Rosenbohm
11:15 - 12:15 Arthritic Tai Chi with Chris Poe*

PM Activities

- 4:15 - 5:00 Beginners Aerobics with Brenda Kisner
5:00 - 6:00 Water Aerobics with Debbie Shields
5:45 - 7:15 Advanced Aerobics with Natalie Sneigle
5:45 - Close Volleyball League
5:30 - 6:30 Advanced Bike Spinning with Harry Stephens
5:45 - 6:45 Zumba with Stacy Smith*

Wednesdays

AM Activities

- 9:00 - 10:00 Arthritic Water Class with Amanda Greaf
9:00 - 10:00 Beginners Aerobics with Nikki Byrd
10:00 - 11:00 Silver Sneakers Exercise Class with John Coplin/Sam Walthers
11:15 - 12:00 Zumba Gold with Gina Mace
10:00 - 11:00 Water Aerobics with Chris Poe

PM Activities

- 5:30 - 6:30 Aquatic Zumba with Amanda Greaf
5:30 - 6:30 Beginner Bike Spinning with Jessica Siefert
5:45 - Close Volleyball League
6:00 - 7:00 Les Mills Body Pump with Nikki Byrd*

Thursdays

AM Activities

- 6:00 - 7:00 Boot Camp with John Coplin*
7:30 - 9:00 Advanced Aerobics with Vicki Parrish
9:00 - 10:00 Arthritic Water Aerobics with Olivia Binegar
10:00 - 11:00 Seniorsize with Chris Poe*
10:00 - 11:00 Fit For Life with John Coplin
10:00 - 11:00 Water Aerobics with Debbie Shields
11:00 - 12:00 Fit For Life with John Coplin
11:15 - 12:15 Arthritic Tai Chi with Chris Poe*

PM Activities

- 4:15 - 5:00 Beginners Aerobics with Brenda Kisner
5:30 - 6:30 Water Aerobics with Barbara Rosenbohm
5:30 - 6:30 Advanced Bike Spinning with Harry Stephens
5:45 - 7:15 Advanced Aerobics with Natalie Sneigle
7:30 - 8:30 Les Mills Body Combat with Karolien van Gent*

Fridays

AM Activities

- 8:00 - 9:00 Arthritic Water Class with Chris Poe
9:00 - 10:00 Arthritic Water Class with Chris Poe
10:00 - 11:00 Water Aerobics with Chris Poe
10:00 - 11:00 Fit For Life with John Coplin
11:00 - 12:00 Fit For Life with John Coplin

Saturdays

- 8:00 - 9:30 Advanced Aerobics with Vicki Parrish
9:45 - 11:15 Advanced Aerobics with Natalie Sneigle
11:30 - 12:30 Body Pump with Nikki Byrd*

Sundays

Open 11:00 am - 5:00 pm

**Non-member fees apply*

Note: Bike Spinning classes run from October through March.

Members...all classes are FREE...join one today!

