CLASS Schedule	SAT		MON		TUES		WED		THURS		FRI	
	WHO	Time	WHO	Time	WHO	Time	WHO	Time	WHO	Time	WHO	Time
55+ AEROBICS *Exercise Room*			Karen Johnson	1:30 PM - 2:30 PM			Karen Johnson	1:30 PM - 2:30 PM	Karen Johnson	1:30 PM - 2:30 PM		
CARDIOO BLAST CIRCUIT *Cardio Room*									Karen Johnson	6:00 PM - 6:45 PM		
CARDIO BLAST *Exercise / Dance Room*					Karen Johnson	6:00 PM - 7:00 PM						
CHAIR FIT AEROBICS *Exercise Room*			Karen Johnson	12:15 PM - 1:00 PM			Karen Johnson	12:15 PM - 1:00 PM				
CIRCUIT WEIGHT TRAINING *Exercise/Weight Room*					Karen Johnson	5:00 PM - 5:45 PM			Karen Johnson	5:00 PM - 5:45 PM		
CORE & MORE *Exercise Room*			Karen Johnson	4:30 PM - 5:15 PM								
SPIN CYCLE *Youth Recreation Room*	Dennis Kearney 2nd, 3rd & 4th Saturday	8:30 AM - 9:15 AM	Dennis Kearney	6:00 PM - 7:00 PM								
STEP & GET FIT *Exercise Room*									Petrice Taplin	5:00 PM - 7:00 PM		
TFL *Gym*			Lyle Giles Estelle Giles	6:00 AM - 7:00 AM			Lyle Giles Estelle Giles	6:00 AM - 7:00 AM			Lyle Giles Estelle Giles	6:00 AM - 7:00 AM
TFL *Gym*			Maxine Northern Patsy Green Jackie Bullock	8:00 AM - 9:00 AM			Maxine Northern Patsy Green Jackie Bullock	8:00 AM - 9:00 AM			Maxine Northern Patsy Green Jackie Bullock	8:00 AM - 9:00 AM
TFL *Gym*			Jackie Bullock Joe Dear Lynn Cain	10:00 AM - 11:00 AM			Jackie Bullock Joe Dear Lynn Cain	10:00 AM - 11:00 AM			Jackie Bullock Joe Dear Lynn Cain	10:00 AM -11:00 AM
TFL *Gym*			Pat Miller Dorothy Smith Brenda Holt	4:30 PM - 5:30 PM			Pat Miller Dorothy Smith Brenda Holt	4:30 PM - 5:30 PM				
TFL *Gym*			Karen Nesbit Tammy Terrell Deborah Broadway .	5:45 PM - 6:45 PM			Karen Nesbit Tammy Terrell Deborah Broadway	5:45 PM - 6:45 PM				
WEIGHT ROOM ORIENTATION *Exercise Room*			Karen Johnson 1st, 3rd, 4th & 5th	5:30 PM - 6:00 PM								
ZUMBA *Exercise Room & Gym*	Deena Wilson 4th Sat	9:00 AM - 10:00 AM	Deena Wilson	7:00 PM - 8:00 PM					Anna Parker	7:00 PM - 8:00 PM		
ZUMBA *Exercise Room*	Anna Parker 2nd Sat	9:00 AM - 10:00 AM										
ZUMBA *Exercise Room*	Anna Parker & Deena WIlson (alternate) 5th Sat	9:00 AM - 10:00 AM										
ZUMBA SENTAO *Exercise Room*	Deena Wilson 4th Sat	10:15 AM - 11:00 AM										