



Group Exercise Schedule

Effective March 20, 2023 (new classes will be added April 10!)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 - 6:30 am Full Body Strength Amy	6:30 - 7:15 am Morning Spin Bo	5:45 - 6:30 am Tabata & Core Amy		5:45 - 6:30 am Bootcamp Workout Amy	
					8:30 - 9:15 am Cycling Rotation
9:00 - 9:45 am SilverSneakers® Circuit Kathy		9:00 - 9:45 am SilverSneakers® Circuit Kathy	9:00 - 9:45 am Level 1 Cycling Kathy		9:30 - 10:15 am Core & More Yoga Christy
	9:00 - 9:45 am Pound Melissa	9:00 - 9:45 am Strength & Tone Ashley	9:00 - 9:45 am Cardio HIIT Nate	9:00 - 9:45 am Strength & Tone Ashley	9:30 - 10:15 am Zumba® Molly
10:00 - 10:45 am Zumba® Molly	10:00 - 10:45 am Strength & Breath-focused Yoga Kate	10:00 - 10:45 am Kickbox Fitness Ashley	10:00 - 10:50 am Power/Vinyasa Flow Yoga Krystal	10:00 - 10:45 am Cardio Combo Kim F.	
	10:15 - 11:00 am Zumba Gold® Judy	10:00 - 10:45 am Agility & Balance Kathy	11:00 - 11:45 am Vinyasa Flow Yoga Krystal	10:00 - 10:45 am Level 1 Strength Kathy	
	11:00 - 11:45 am Qigong w/ Yin Yoga Kate		11:00 - 11:45 am LaBlast® Line Dancing Georgianna		
					<i>Level 1 classes are great for beginners, seniors, or anyone looking for a lower-intensity, but still effective class.</i>
					<i>We suggest bringing a water bottle and small towel to each class.</i>
5:00 - 5:45 pm LifeStretch® Deb	5:30 - 6:15 pm BPM Cycling Bob	5:30 - 6:15 pm Strength, Stability & Stretch Kim E.	5:00 - 5:45 pm LaBlast® Janice		<i>Yoga/Pilates: Please bring your own mat for sanitary/safety reasons. We have a limited # of mats available for use.</i>
6:00 - 6:45 pm Cycling Christy	6:00 - 6:45 pm Power HIIT Nate	6:00 - 6:45 pm Cycling Christy			

Colors indicate class location:

- Group Exercise 1 Studio
- Group Exercise 2 / Spin Studio
- Large Group Fitness Studio

* Schedule subject to change at any time.

Please check the Derry Township - Parks and Recreation website for the most current Group Exercise Schedule.

