



Group Exercise Schedule

Effective September 17, 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 - 6:30 am Full Body Strength Amy		5:45 - 6:30 am Tabata & Core Amy 7:00 - 7:45 a.m. Barre Pat		5:45 - 6:30 am Full Body Strength Amy		
8:00 - 8:45 am Barreless Barre Pat <i>9/18 & 9/25 will be in the Small Studio</i>			8:00 - 8:45 am Chisel Kim F.		8:30 - 9:15 am Cycling Rotation	
9:00 - 9:45 am SilverSneakers® Circuit Kathy	9:00 - 9:45 am Level 1 Cycling Pat	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 Yoga Carly	9:00 - 9:45 am Strength & Tone Ashley	9:30 - 10:15 am Zumba® Molly	9:15 - 10:00 am Cycling Christy
10:00 - 10:45 am Zumba® Molly	10:00 - 10:45 am Strength & Breath-focused Yoga Kate	10:00 - 10:45 am Bootcamp Ashley		10:00 - 10:45 am Level 1 Strength Jennifer		10:00 - 10:45 am Yoga Alyssa
	10:15 - 11:00 am Zumba Gold® Judy	10:00 - 10:45 am Agility & Balance Kathy				
	11:00 - 11:45 am Qigong w/ Yin Yoga Kate		11:00 - 11:45 am LaBlast® Line Dancing Georgianna			
5:00 - 5:45 pm LifeStretch® Deb	5:30 - 6:15 pm Power HIIT Nate		5:00 - 5:45 pm LaBlast® Janice			
5:30 - 6:15 pm Cycling Bob	5:30 - 6:15 pm Barreless Barre Pat	5:30 - 6:15 pm Cycling Christy	5:30-6:15 pm Cycle Sculpt Siraе			
5:45 - 6:30 pm Cardio & Core Christy	6:15 - 7:00 pm Vinyasa Yoga Noel	6:15 - 7:00 pm Stick Stretch Class Nate	6:15 - 7:00 pm Vinyasa Yoga Noel			

Level 1 classes are great for beginners, seniors, or anyone looking for a lower-intensity, but still effective class.

We suggest bringing a water bottle and small towel to each class.

Yoga/Pilates: Please bring your own mat for sanitary/safety reasons. We have a limited # of mats available for use.

Color indicates 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 schedule.

