



# Group Exercise Schedule

Effective March 1, 2024

Schedule subject to change at any time.

Go to the Derry Township Parks and Recreation website for the most current schedule.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 - 6:30 am Full Body Strength Amy		5:45 - 6:30 am Tabata & Core Amy		5:45 - 6:30 am Full Body Strength Amy		
			8:00 - 8:45 am Chisel Kim F.			
8:00 - 8:45 am Barre Pat	8:00 - 8:45 am Level 1 Cycling Bo	8:00 - 8:45 am Barre Pat	8:00 - 8:45 am Cycling Bob		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 Barre Pat	9:00 - 9:45 am Pound Melissa	9:00 - 9:45 am Strength & Tone Ashley E.	9:00 - 9:45 am Yoga Carly	9:00 - 9:45 am Strength & Tone Ashley E.	9:30 - 10:15 am Zumba® Molly	9:15 - 10:00 am Cycling Stephany
10:00 - 10:45 am Zumba® Molly	10:00 - 10:45 am Strength & Breath-focused Yoga Kate	10:00 - 10:45 am Bootcamp Kim		10:00 - 10:45 am Level 1 Strength Kathy		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 LaBlast® Line Dancing Georgi			
	11:00 - 11:45 am Qigong w/ Yin Yoga Kate					
5:00 - 5:45 pm LifeStretch® Deb		5:30 - 6:15 pm Barre Pat	5:00 - 5:45 pm LaBlast® Janice			
5:30 - 6:15 pm Cycling Bob	5:30 - 6:15 pm Power HIIT Nate	5:30 - 6:15 pm Cycling Ashley N.	5:30 - 6:30 pm Cycle Sculpt Sirae			
5:45 - 6:30 pm Cardio & Core Christy	6:15 - 7:00 pm Vinyasa Yoga Noel		6:15 - 7:00 pm Vinyasa Yoga Noel			
6:45 - 7:30 pm Pound Melissa						

*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

