FITNESS CLASSES @ Bill Heddles Recreation Center... June 2013

AM Classes	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 – 6:00						
6:00 – 7:00	**Cycle & Abs +** Kiffany		**Boxing For Fitness** - Kiffany		**Cycle & Abs** Betsy	
8:15– 9:15						**Boxing for Fitness** Alternating Instructors
9:00 – 9:45 9:30-10:30 *		**Body Bar & Abs** Amberleigh		**Body Bar & Abs** Kindra		**Box of Chocolates *** Alternating Instructors
9:00 – 10:00	**Senior Circuit** Gary in weight room	**Healthy Body Strong Bones** Billie - Gym	**Senior Circuit** Gary in Weight Room	**Healthy Body Strong Bones** Billie -Gym	**Senior Circuit** Gary in Weight Room	
9:00 – 10:15	**Cardio Intervals with Weights & Core** Cristie		**Cardio Intervals w/Bars & Core Conditioning** Cristie		**Yogalates** Kindra (Ends at 10:00)	The Center for: your BODY.. your HEALTH.. your LIFE!
10:00 – 10:45		**SilverSneakers MSROM** Gary - Gym		**SilverSneakers MSROM** Gena - Gym		Healthways SilverSneakers® Fitness Program
10:00 – 11:00		**Zumba** Trisha		**Zumba** Trisha		
10:30 – 11:00	**Kinks & Knots** Cristie		**Kinks & Knots** Cristie			
PM 12:00 – 1:00	**Yogalates +** Cristie		**Cut to the Core** Cristie (12:15-12:45)		**Cardio Kick** Kindra	
12:15 – 1:00		**Cycle & Abs** Trisha Cycle Room		**Cycle & Abs** Kindra Cycle Room		
2:00 – 3:00						
4:30 – 5:25	**Zumba** Kindra **Cycle & Abs** Jen	**Cut to the Core+** Jen (4:30-5:15)	**Yogalates** Betsy	**Zumba** Gena		
5:30 – 6:30	**Cardio Kick** Kindra (ends at 6:45)	**Total Body Blitz** Betsy	**Cycle & Abs** Amberleigh **Zumba** Trisha	**Body Bar +** Gena	**Tough Stuff** Trisha/Jen	

***Note: Any class with 5 or less in attendance for 3 consecutive weeks may/will be dropped.**