



GROUP EXERCISE CLASSES

AT MATT DISHMAN COMMUNITY CENTER

Access to group fitness classes included with daily admission. Must be at least 14 years old to participate.

	MON	TUE	WED	THUR	FRI	SAT	SUN
8:00-9:00am	Kickboxing <i>Sarah</i>						
9:00-10:00am	Zumba Gold Noriko Beg. Pilates-mat <i>Alecia</i>	Zumba Toning <i>Michelle</i>	Zumba Gold Noriko Beg. Pilates-mat <i>Alecia</i>	Zumba Toning <i>Michelle</i>	Zumba Gold Noriko	U-Jam Fitness 9:30-10:30 <i>Helena</i>	
10:15-11:15am	Pilates-mat <i>Alecia</i>	Yoga Beg. <i>April</i>	Pilates-mat <i>Alecia</i>	U-Jam Fitness <i>Michelle/ Noriko</i>	Yoga-Alecia 10:00-11:00 Chair Yoga-April 10:00-11:00		
10:45-11:45am	Vinyasa/Yin <i>April</i>		Vinyasa/Yin <i>April</i>	Yoga Premier 10:30-11:30 <i>Ginger</i>			
11:15am-12:15pm		Yoga Int. 11:30-12:30 <i>April</i>		Yoga Premier 11:30-12:30 <i>Ginger</i>	Pilates-mat <i>Alecia</i>	Bootcamp <i>Georgann</i>	Yoga 11:15-12:30 <i>Frankie</i>
12:00-1:00pm	Yoga all Levels <i>Alesha</i>		Yoga all Levels <i>April</i>				
1:30-2:30pm						Body Sculpt <i>Gabe</i>	
5:30-6:30pm		Zumba Toning <i>Michelle</i>	Bootcamp <i>Al</i>	Strong by Zumba <i>Melinda</i>			

Classes are subject to change. Please check with the facility for updates on Drop-in Group Exercise classes.