

# Spring 2017 Fitness Class Schedule

January 4 - May 26

Monday			Tuesday			Wednesday			Thursday			Friday		
Fitness Center	Spin Area	Wolf River Room	Fitness Center	Spin Area	Wolf River Room	Fitness Center	Spin Area	Wolf River Room	Fitness Center	Spin Area	Wolf River Room	Fitness Center	Spin Area	Wolf River Room
<div style="background-color: red; color: white; padding: 5px;">                     Body Toning 11 - 11:30 AM Cassie                 </div> <div style="background-color: purple; color: white; padding: 5px;">                     Hard Core 11:30 AM - Noon Cassie                 </div>			<div style="background-color: green; color: white; padding: 5px;">                     Butts &amp; Guts 11 - 11:30 AM Kate                 </div> <div style="background-color: cyan; color: black; padding: 5px;">                     Spin 11:35 - 12:15 Kate                 </div>			<div style="background-color: red; color: white; padding: 5px;">                     Body Toning 11 - 11:30 AM Cassie                 </div> <div style="background-color: purple; color: white; padding: 5px;">                     Hard Core 11:30 AM - Noon Cassie                 </div>			<div style="background-color: green; color: white; padding: 5px;">                     Cardio Mix 11 - 11:30 AM Kate                 </div> <div style="background-color: pink; color: black; padding: 5px;">                     Yoga 11:45 - 12:30 Kate                 </div>			<div style="background-color: red; color: white; padding: 5px;">                     Body Toning 11 - 11:30 AM Cassie                 </div> <div style="background-color: purple; color: white; padding: 5px;">                     Hard Core 11:30 AM - Noon Cassie                 </div>		
<div style="background-color: yellow; color: black; padding: 5px;">                     Kickboxing Plus 3:45 - 4:15 PM Cassie                 </div> <div style="background-color: blue; color: white; padding: 5px;">                     Boot Camp 4:15 - 5 PM Val                 </div>			<div style="background-color: cyan; color: black; padding: 5px;">                     Spin 3:45 - 4:30 PM Tim                 </div> <div style="background-color: pink; color: black; padding: 5px;">                     Zumba 4:15 - 5 PM Sarah                 </div>			<div style="background-color: yellow; color: black; padding: 5px;">                     Kickboxing Plus 3:45 - 4:15 PM Cassie                 </div> <div style="background-color: blue; color: white; padding: 5px;">                     Boot Camp 4:15 - 5 PM Val                 </div>			<div style="background-color: cyan; color: black; padding: 5px;">                     Spin 3:45 - 4:30 PM Ashley/Julie                 </div> <div style="background-color: pink; color: black; padding: 5px;">                     Zumba 4:15 - 5 PM Sarah                 </div>			<div style="background-color: blue; color: white; padding: 5px;">                     Step &amp; Sculpt 4:15 - 5 PM Jennifer                 </div>		

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Cardio Mix - a combination of step, floor aerobics, kickboxing, tabata and interval work. The majority of the class will be focused on getting your heart rates up with a little mix up with weights.