

**MOUNTAIN FITNESS SOUTH CLASS SCHEDULE**

TIME	CLASS	INSTRUCTOR	LOCATION	MON	TUE	WED	THUR	FRI	SAT	SUN
6:00-6:45 AM	SPIN	WENDY/BARB	CLASSROOM	●	●	●	●			
7:00 – 7:30 AM	MORNING FITNESS	LINDA V	CLASSROOM	●		●		●		
8:00-9:30 AM	IYENGAR YOGA LEVEL 1-2	SANDI	CLASSROOM		●					
8:00 – 9:30 AM	IYENGAR YOGA ALL LEVELS	SANDI	CLASSROOM				●		●	
8:30 – 9:30 AM	*PILATES	JOCETTE	CLASSROOM	●		●		●		
9:45 – 10:45 AM	BASIC YOGA	SANDI	CLASSROOM	●						
10:00 – 10:45 AM	SPIN	PRISCILLA	CLASSROOM		●		●			
11:00-12:30 AM	CHI GONG/TAI CHI	MELISSA	CLASSROOM	●		●		●		
11:00 – 11:45 AM	AQUA FITNESS	LINDA V	POOL		●		●			
12:15 – 1:45 PM	*YOGA	BLISS	CLASSROOM		●		●			
1:00 – 1:30 PM	STANDING TALL	LINDA V	CLASSROOM	●		●		●		
5:30 -- 6:30 PM	BUTI YOGA	MICHAELA	CLASSROOM	●						
5:30 – 6:30 PM	ZUMBA FITNESS	LAUREN	CLASSROOM		●					
5:30 – 6:30 PM	ZUMBA FITNESS	JOANN	CLASSROOM				●			
5:30 – 6:30 PM	BODY SCULPT	AIYISHA	CLASSROOM			●				
6:45 – 7:45 PM	BALLROOM DANCING	RICK & PEGGY	CLASSROOM			\$	\$			

\* Classes available via zoom in addition to live class

\$ Indicates this is not a sponsored Mountain Fitness Class and there will be an extra charge

**SHASTINA CLASS SCHEDULE**

TIME	CLASS	INSTUCTOR	LOCATION	MON	TUES	WED	THUR	FRI	SAT	SUN
8:00-9:00 AM	FLEX & STRENGTH	BILL/LANA	SHASTINA GYM	●		●		●		

**Flex & Strength** – A full body strength and flexibility workout in a circuit training format, utilizing weight machines and full body flexibility training.

TIME	CLASS	INSTRUCTOR	LOCATION	MON	TUE	WED	THUR	FRI	SAT	SUN
7:00 – 7:30 AM	BLUE DOT	LINDA V	GYM	GYM						
7:00 – 7:30 AM	HAVE A BALL	LINDA V	GYM			GYM				
7:00 – 7:30 AM	FUN FRIDAY	LINDA V	GYM					GYM		
12:30 – 1:00 PM	STANDING TALL	LINDA V	GYM	GYM		GYM		GYM		

**THE WELLNESS CENTER CLASS SCHEDULE**

**Blue Dot** – 1 minute strength resistance exercises followed by a 3 minute cardio session  
**Have a Ball** – Resistance/Core work on the stability ball  
**Fun Friday** – High intensity interval training using weights and body weight  
**Standing Tall** – Balance/Core work either standing or on a stability ball

**THE WELLNESS CENTER WATER CLASS SCHEDULE**

TIME	CLASS	INSTRUCTOR	LOCATION	MON	TUE	WED	THUR	FRI	SAT	SUN
11:00 – 12:00 AM	AQUA FITNESS	LINDA V., CARLYE, AUDRA	POOL	●		●		●		
9:00 – 10:00 AM	LAP SWIMMING *		POOL	●	●	●	●	●		
2:00 – 3:00 PM	QUIET WATER TIME **		POOL	☺	☺	☺	☺	☺	☺	☺
2:00 – 4:00 PM	QUIET WATER TIME **		POOL		☺		☺		☺	☺

\* Please limit swim time if others are waiting

\*\* Not a desirable time for children or family activities