

May

**MOUNTAIN FITNESS SOUTH CLASS SCHEDULE**

2023

TIME	CLASS	INSTRUCTOR	LOCATION	MON	TUE	WED	THUR	FRI	SAT	SUN
8:30 – 9:30 AM	*PILATES	JOCETTE	CLASSROOM	●		●		●		
8:00-9:30 AM	YOGA	SANDRA	CLASSROOM				●			
9:00 – 10:30 AM	YOGA	SANDRA	CLASSROOM						●	
11:00 AM – 12:30 PM	CHI GONG/TAI CHI	MELISSA	SHASTICE PARK	●		●		●		
9:45 – 10:30 AM	CYCLE THERAPY	BARB	CLASSROOM			●				
12:15 – 1:45 PM	*YOGA	BLISS	CLASSROOM		●	●	●			
5:30 -- 6:30 PM	BUTI YOGA	MICHAELA	CLASSROOM	●						
5:30 – 6:30 PM	BODY SCULPT	AIYISHA	CLASSROOM			●				
5:30 – 6:30 PM	ZUMBA FITNESS	CAROLA	CLASSROOM		●					
6:45 – 7:30 PM	CYCLE THERAPY	BARB	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	SHASTINA GYM	●		●		●		












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

## THE WELLNESS CENTER CLASS SCHEDULE

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		

**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	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

**Dates and Times for Private Swim Lessons held in Wellness Center pool are as follows:**

- May 8-11<sup>th</sup>: Monday, Wednesday 3:00-6:30pm, Tuesday, Thursday 4:00-6:30pm
- May 14<sup>th</sup>: Sunday 11:00am – 2:00pm
- May 15<sup>th</sup>, 17-19<sup>th</sup>: Monday, Wednesday Friday 3:00 – 6:30pm, Thursday 4:00-6:30pm
- May 21<sup>st</sup>: Sunday 11:00-2:00pm
- May 22-24<sup>th</sup>: Monday, Wednesday: 3:00-6:30pm, Tuesday 4:00-6:30pm

*Members are welcome in pool during swim lessons with the knowledge that there will be children in the pool.*