



# MAPLEWOOD COMMUNITY CENTER

# GROUP FITNESS

JANUARY 1-31, 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>BODYPUMP</b> 5:30-6:30AM Courtney S	<b>SPINNING</b> 5:30-6:15AM Linda C	<b>BODYPUMP</b> 5:30-6:30AM Courtney S	<b>SPINNING</b> 5:30-6:15AM Linda C			
Hydro Challenge 7:00-7:45AM Jane LP	All Around Abs 6:25-6:40AM Linda S	Hydro Challenge 7:00-7:45AM Jane LP/D		Hydro Challenge 7:00-7:45AM Jane LP/D	Muscle Conditioning Craze 6:15-7:15AM Linda S	
Yoga-Light 7:00-7:55AM Dan S	<b>SPINNING</b> 6:45-7:45AM Linda C	Yoga-Light 7:00-7:55AM Dan S	<b>SPINNING</b> 6:45-7:30AM Linda C	Yoga-Light 7:00-7:55AM Dan S	Hydro Blast 7:30-8:15AM Todd LP/D	
Forever Fit 8:00-9:00AM LaDonna S		Forever Fit 8:00-9:00AM Sharon S		Silver&Fit EXCEL 8:00-8:45AM Sharon S	<b>PIYO LIVE!</b> 7:30-8:30AM Mandy S	Yoga 8:15-9:00am Janice S
<b>BODYPUMP</b> 9:15-10:15AM LaDonna S	Yoga-Explore&Restore 9:15-10:15AM Linda / TBA S	TurboKick® 9:15-10:00AM Mandy S	<b>BODYPUMP</b> 9:15-10:15AM Angie S	Core-Pilates 9:15-10:00AM Julie Marie S	<b>SPINNING</b> 7:30-8:30AM Linda C	<b>SPINNING</b> 8:30-9:15AM Chad C
SilverSneakers Classic 9:30-10:15AM Rose & Jane G	SilverSneakers Cardio 9:15-10:00AM LaDonna G	SilverSneakers Classic 9:30-10:15AM Jane & Peter G		<b>PIYO LIVE!</b> 9:30-10:25AM Chris MZ	Step 8:45-9:45AM Todd S	<b>BODYPUMP</b> 9:15-10:15AM Daryl S
SilverSneakers Classic 10:30-11:15AM Rose G	Hydro Challenge 10:30-11:15AM Mike LP	<b>PIYO LIVE!</b> 10:10-11:10AM Mandy S	Intervals 10:25-11:10AM Angie S	SilverSneakers Classic 9:30-10:15AM Peter & Jane G	<b>BODYPUMP</b> 10:00-11:00AM Todd S	
Core 10:30-11:15AM Beth S	Circuit Training 10:30-11:30AM LaDonna S	SilverSneakers Classic 10:30-11:15AM Beth G		BARRE Boxing 10:10-10:40AM Beth S	Zumba® 11:15-12:15PM Jennifer S	
				Hydro Challenge 10:30-11:15AM Mike LP		
Zumba Gold® 10:30-11:30AM Cindy MZ		Zumba Gold® 10:30-11:15AM Cindy MZ		Zumba Gold® 10:30-11:30AM Cindy MZ		
		Seated Beats 11:30-12:00PM Beth MZ	INSANITY® LIVE! 11:30-12:00PM Courtney S	Drums Alive 10:50-11:35AM Beth S		
YogaFit® 11:45-12:30PM Sharon	Muscle Craze 12:10-1:10PM Linda S	YogaFit® 11:45-12:30PM Sharon	<b>BODYPUMP</b> 12:10-1:10PM Courtney S	Yoga Fusion 11:45-12:30PM Julie Marie S		
SilverSneakers Classic 12:45-1:30PM Sharon MZ	SilverSneakers Yoga 12:45-2:30PM Beth / TBA S	<b>SPINNING</b> 12:10-12:55 Courtney	SilverSneakers Yoga 12:45-1:30PM Sharon MZ	SilverSneakers Classic 12:45-1:30PM Beth MZ		
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hydro Challenge 4:30-5:15PM Todd LP		Hydro Aerobics 4:45-5:30PM Andrea LP	Hydro Aerobics 4:45-5:30PM Andrea LP			
X-treme Intervals 4:45-5:15PM Cara S	BARRE 4:45-5:30PM Angie S	X-treme Intervals 4:45-5:15PM Cara S	Yoga-Hatha/Vinyasa 4:45-5:30PM Linda S	INSANITY® LIVE! 4:45-5:15PM Mandy S		
<b>BODYPUMP</b> 5:30-6:30PM Rebecca / TBA S		<b>CIZE™/Country Heat</b> 5:30-6:30PM Mandy C		Muscle Conditioning Craze 5:30-6:30PM Linda S		
<b>SPINNING</b> 5:30-6:30PM Todd C	Zumba® 5:40-6:35PM Andrea S	<b>SPINNING</b> 5:30-6:15PM Chad C	Zumba® 5:40-6:35PM Andrea S			
Yoga-Vinyasa 6:40-7:40PM Linda S		Yoga-Vinyasa 6:40-7:40PM Linda S		Zumba® 6:30-7:30PM Senia MZ		
<b>SPINNING</b> 6:45-7:30PM Todd C			Turbo Kick® 6:45-7:45PM Mandy S	Yoga 6:45-7:45PM Janice S		
<b>PIYO LIVE!</b> 7:45-8:30PM Angela S		<b>BODYPUMP</b> 7:45-8:45PM Daryl S		Meditation 7:45-8:15PM Janice S		

Facility Hours	Class Location Key	Childcare Hours	Other Information
Monday-Thursday 5:00AM-10PM Friday 5:00AM-9PM Saturday 6AM-8PM Sunday 8AM-7PM	S=Studio C=Cycle Room MZ=Motion Zone G=Gym LP=Lap Pool LP/D=Lap Pool Deep	Monday-Friday 9AM-12PM Monday-Thursday 4:30PM-8PM Saturday 8:30-12:30PM	<b>BOLD</b> font indicates a schedule change. Classes/Instructors are subject to change any time. Heather George, Director of Healthy Living (651) 747-0842