

GROUP FITNESS



o n v a n d i v e r

MONDAY

TIME	CLASS	INSTRUCTOR	LOCATION
5:30 - 6:30 a.m.	BODYPUMP	Karla Klingner Diaz/Amy Appold	Fitness Room
8:30 - 9:25 a.m.	BODYFLOW	Amy Pescaglia	Fitness Room
9:30 - 10:30 a.m.	BODYJAM	Beth VanLoo	Fitness Room
12:00 - 1:00 p.m.	BODYPUMP	Kelie Morgan/Tara Dubinski	Fitness Room
4:20 - 5:20 p.m.	PILOGA	Billie Klenke	Fitness Room
5:30 - 6:25 p.m.	BOBYPUMP +1	Joy Millard	Fitness Room
5:30 - 6:25 p.m.	JOURNEY	Chuck Archer	Cycling Room
6:30 - 7:00 p.m.	AB LAB	Chuck Archer	Fitness Room
6:30 - 7:30 p.m.	JOURNEY	Meshelle Vesecky	Cycling Room
7:00 - 8:00 p.m.	BODYJAM	Kelly Lancey/Catina Topash	Fitness Room

TUESDAY

TIME	CLASS	INSTRUCTOR	LOCATION
5:30 - 6:30 a.m.	TONE ZONE	Cindy Brengarth	Fitness Room
8:30 - 9:25 a.m.	FOREVER FIT	Darlene Rowe	Fitness Room
9:30 - 10:15 a.m.	Express BODYSTEP	Sara Bozdech	Fitness Room
10:15 - 11:00 a.m.	Express BODYPUMP	Sara Bozdech	Fitness Room
11:00 - 11:30 p.m.	KIDS IN MOTION 4-5 yrs.	Various Instructors	Fitness Room
12:00 - 1:00 p.m.	BODYFLOW	Catina Topash	Fitness Room
12:00 - 1:00 p.m.	JOURNEY	Betsy Farris	Cycling Room
4:40 - 5:25 p.m.	Express BODYSTEP	Cindy Calvin	Fitness Room
5:30 - 6:30 p.m.	BODYSTEP	Lisa Kent	Fitness Room
6:30 - 7:30 p.m.	KARDIOKICK	Cheryl Unterschutz	Fitness Room

WEDNESDAY

TIME	CLASS	INSTRUCTOR	LOCATION
5:45 - 6:45 a.m.	JOURNEY FUSION	Don Corwin	Cycling Room
8:30 - 9:25 a.m.	BODYFLOW	Melissa HolyOak	Fitness Room
9:30 - 10:30 a.m.	BODYJAM	Beth VanLoo	Fitness Room
12:00 - 1:00 p.m.	BODYPUMP	Catina Topash	Fitness Room
4:20 - 5:20 p.m.	PILOGA	Billie Klenke	Fitness Room
5:30 - 6:25 p.m.	BODYPUMP	Susanne Ragland	Fitness Room
5:30 - 6:25 p.m.	JOURNEY	Chuck Archer	Cycling Room
6:30 - 7:00 p.m.	AB LAB	Chuck Archer	Fitness Room
6:30 - 7:30 p.m.	JOURNEY	Meshelle Vesecky	Cycling Room
7:00 - 8:00 p.m.	BODYJAM	Melissa Blauch/Catina Topash	Fitness Room

THURSDAY

TIME	CLASS	INSTRUCTOR	LOCATION
5:30 - 6:30 a.m.	TONE ZONE	Cindy Brengarth	Fitness Room
8:30 - 9:25 a.m.	FOREVER FIT	Darlene Rowe	Fitness Room
9:30 - 10:15 a.m.	Express BODYSTEP	Kelie Morgan	Fitness Room
10:15 - 11:00 a.m.	Express BODYPUMP	Kelie Morgan	Fitness Room
11:00 - 11:30 a.m.	TOT TIME 2-3 Yrs.	Various Instructors	Fitness Room
12:00 - 1:00 p.m.	SPIN/RUN	Betsy Farris	Cycling Room
4:40 - 5:25 p.m.	Express BODYPUMP	Sara Bozdech	Fitness Room
5:30 - 6:30 p.m.	BODYSTEP	Sara Bozdech	Fitness Room
6:30 - 7:30 p.m.	BODYFLOW	Nita Brooks	Fitness Room

FRIDAY

TIME	CLASS	INSTRUCTOR	LOCATION
5:30 - 6:30 a.m.	BODYFLOW	Lisa Kent	Fitness Room
5:45 - 6:45 a.m.	JOURNEY FUSION	Don Corwin	Cycling Room
9:30 - 10:30 a.m.	KICK BOXING	Sara Bozdech	Fitness Room
12:00 - 1:00 p.m.	BODYPUMP	Catina Topash	Fitness Room
4:30 - 5:30 p.m.	BODYFLOW	Melissa Holyoak	Fitness Room
5:30 - 6:30 p.m.	BELLY DANCING	Jennifer Carter	Fitness Room

SATURDAY

TIME	CLASS	INSTRUCTOR	LOCATION
8:00 - 9:00 a.m.	KARDIOKICK	Julie Artemova	Fitness Room
9:00 - 9:25 a.m.	AB LAB	Julie Artemova	Fitness Room
9:00 - 10:00 a.m.	JOURNEY	Chuck Archer/Lauren Sandweiss	Cycling Room
9:30 - 10:30 a.m.	BODYSTEP	Cori Day	Fitness Room
10:30 - 11:30 a.m.	BODYPUMP	Sara Bozdech	Fitness Room

SUNDAY

TIME	CLASS	INSTRUCTOR	LOCATION
12:45 - 1:35 p.m.	BODYJAM	Kelly Lancey	Fitness Room
1:40 - 2:40 p.m.	YOGA(even) BODYFLOW (odd)	Lisa Spear/Amy Pescaglia	Fitness Room

CLASSES HIGHLIGHTED IN **ORANGE** ARE NEW.
 CLASSES HIGHLIGHTED IN **GREEN** REQUIRE ADDITIONAL INVESTMENT AT FRONT DESK. BE SURE TO INQUIRE ABOUT PRE-PAID SERVICES.