


JL SORENSON REC CENTER

LAND GROUP FITNESS

Schedule Effective JULY 1 2024 *Subject to change at anytime.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 AM	SURGE FIT (6:00 AM) MCELLE SPIN CHARITY	5:15 SPORTS CONDITIONING KIM	LIFT/TRX KARISA	5:15 SPORTS CONDITIONING KIM SPIN CHARITY	UPBEAT BARRE SAM	
6:00 AM					645AM HIGH LOW SAM	
6:30 AM		CIRCUIT JENNI	CORE KARISA			
7:00 AM	CARDIO BARRE HEIDI	CIRCUIT JENNI	HIGH FITNESS JENNI	SURGE FIT HEATHER	MUSCLE MIX HEIDI	HIGH FITNESS HEATHER
8:00 AM						SURGE STRENGTH HEATHER/JENNI SPIN ANDREA
9:00 AM	HIGH FITNESS HEATHER TRX HEIDI SANDEE	LIFT KARISA SPIN BREEANN	CARDIO BARRE HEIDI SPIN & STRENGTH HEATHER	STEP+ KARISA/ALLISON SPIN HEIDI	SURGE HYBRID KARISA TRX HEIDI SPIN SANDEE	RESTORATIVE YOGA BREEANN
10:05 AM	10:05 SURGE STRENGTH 10:35 YOGA KARISA 11:30AM SENIORS Michelle	BARRE ALLISON SENIORS(GYM) BREEANN	HIGH LOW/HIGH YO 30/30 HEATHER/JENNI SENIORS (GYM) HEIDI	VINYASA FLOW YOGA BREEANN SENIORS (GYM) JENNI	YOGA HEIDI	
6:00 PM	LIFT 6:00 BREEANN	SPIN ANDREA	CARDIO BARRE TYANNE	ZUMBA JULIE		
7:00 PM	HIGH KAYTLIN	645PM LIFT ANDREA	YOGA TYANNE	LABLAST SUZANNE		Classes are ADA ACCESSIBLE with modifications
8:00 PM						

AQUA GROUP FITNESS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 AM						
9:00 AM	COMBO CHALLENGE MICHELLE	AQUA BURN CHARITY	DEEP WATER H2O BOOTCAMP SANDEE	Hydro Tone MICHELLE	AQUA ZUMBA HEATHER	
10:00 AM	SENIORS MICHELLE	TBD CHARITY	TSUNAMI BOARDS SANDEE	DEEP WATER MICHELLE	SENIORS HEATHER	
8:00 PM		INTERVAL TONING CHARITY				