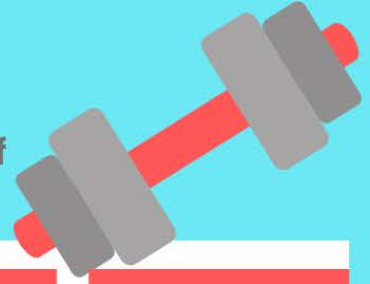


NORTHWEST RECREATION CENTER GROUP FITNESS SCHEDULE

Effective as of
4/8/2024



MORNING

EVENING

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM			Yoga w/Lisa @ 6:05 AM			
8:00 AM		Yoga w/Lisa @ 7:45 AM		Yoga w/Lisa @ 7:45 AM		Yoga w/ Don & Lisa
9:00 AM	Cycling w/Linda	Zumba & PowerFit w/Jessica 9 - 10:15 AM	Barre w/Kerri	UpBeat Lift w/Marsha	Barre w/Kerri	Zumba w/Julieta @ 9:15 AM
10:00 AM	Zumba w/Linda		Zumba w/Julieta		Zumba w/Gail	Step It w/Addy (45 MIN) @ 10:15 AM
11:00 AM			Step It w/Julieta (45 MIN)			
6:00 PM	Zumba w/Patti	Yoga w/Julieta	Kick Boxing & PowerFit w/Jessica	Core & Stretch w/Katherine	Zumba & Stretch w/Julieta @ 5:30 PM - 7 PM	
7:00 PM	Yoga w/Don	Zumba w/Addy	High Fitness w/Paige	Zumba w/Jessica		
8:00 PM				Step It w/Jessica (35 MIN)		

*classes are
subject to cancel or
change without
notice

