



CEDAR VALLEY SPORTSPLEX

Where active lifestyles take shape

GROUP FITNESS SCHEDULE:

August 3 - August 30

Location	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
POWERHOUSE				Power Hour 5:10a / Bryan		
				Power Hour 6:10a / Bryan		
	Fit Foundations Circuit 8:00a / Robin	Living Young Strength 8:00a / Bryan	Abs & Stretch 8:00a / Cris	Living Young Strength 8:00a / Alyssa		
	Results 9:00a / Robin	Total Body Fitness 9:00a / Rhonda	Results 9:00a / Robin		Results 9:00a / Robin	
	Strength Intervals 11:00a / Summer		Strength Intervals 11:00a / Summer			
	20 minute Abs 12:30p / Summer		20 minute Abs 12:30p / Summer			
	Power Hour 4:30p / Bryan		Bootcamp Intervals 4:30p / Alyssa			
	Power Hour 5:30p / Bryan		Boot camp Intervals 5:30p / Alyssa			
TURF	Boot Camp 5:10a / Chelsey	Boot Camp 5:10a / Alphonso			Boot Camp 5:10a / Melissa	
	Boot Camp 6:10a / Chelsey	Boot Camp 6:10a / Alphonso			Boot Camp 6:10a / Melissa	
FITNESS STUDIO	Tai Chi 7:00a / Daphne				Tai Chi 7:00a / Daphne	
		Yoga Stretch 8:00a / Eliz	Strong & Steady 8:00a / Robin	Yoga Stretch 8:00a / Eliz	Build & Burn 8:00a / Robin	
	Movin & Groovin 8:30a / Cris	Beginner/Chair Yoga 9:00a / Eliz	Movin & Groovin 9:00a / Cris	Beginner/Chair Yoga 9:00a / Eliz		Dance & Tone 9:00a / Karyn
	Abs & Stretch 9:30a / Cris					
			Dance & Tone 4:30p / Karyn			
	Dance & Tone 5:30p / Karyn	Hula Hoop 101 6:30p / Brandi				
PEDAL-PLEX		Spin 5:45a / Summer		Spin 5:45a / Summer		
	Spin 11:45a / Summer		Spin 11:45a / Summer			
POOL	Aqua Jam 8:00a / Bryan	Aqua Jam 8:00a / Rhonda	Aqua Jam 8:00a / Bryan	Aqua Jam 8:00a / Daphne	Aqua Jam 8:00a / Bryan	
	Aqua Jam 8:50a / Anna		Aqua Jam 8:50a / Brandi			
		Aqua Jam 5:30p / Brandi		Aqua Jam 5:30p / Jan		