



# TOWPATH TRAIL

## Group Exercise Class Schedule

### May 2022



### MONDAY

- 8:00AM WALK & TONE with Heather (G)
- 9:00AM CARDIO BURN with Terry (GE)
- 9:00AM AQUAMOTION with Heather (P)
- 10:00AM RIPPED with Kristina (GE)
- 11:00AM MAT PILATES with Heather (GE)
- 1:00PM CHAIR YOGA with Beth (GE)
- 5:30PM QUICK CIRCUIT (30 min) with Andrea (GE)
- 6:00PM AQUAMOTION with Karen (P)
- 7:00PM DRUMMING FOR FITNESS with Lorena (GE)

### THURSDAY

- 8:00AM TOTAL BODY FITNESS with Michelle (GE)
- 9:00AM AQUAMOTION with Alaina (P)
- 9:15AM BARRE (30 min) with Heather
- 10:00AM RIPPED with Kristina (GE)
- 11:00AM Silver Sneakers CLASSIC with Heather (G)
- 12:15PM CHAIR VOLLEYBALL (GE) \*Active Aging\*
- 5 - 6:15PM OPEN CIRCUIT with Cameron (GE)

### TUESDAY

- 8:00AM TOTAL BODY FITNESS with Michelle (GE)
- 9:00AM AQUAMOTION with Heather (P)
- \*9:00AM Pop up POUND with Rhonda 5/24 (GE)\*
- 9:30AM HIIT THE ROPES (30 min) with Kristina (G)
- 10:00AM YOGA with Shirley (GE)
- 11:00AM Silver Sneakers BOOM MUSCLE with Heather (G)
- 4:15PM TABATA TONING with Beth (GE)

### FRIDAY

- 8:00AM WALK & TONE with Michelle (G)
- 9:00AM CARDIO BURN with Terry (GE)
- 9:00AM AQUA JOGGING with Alaina (P)
- 10:00AM MAT PILATES with Heather (GE)

### WEDNESDAY

- 8:00AM WALK & TONE with Michelle (G)
- 9:00AM CYCLING with Mike (GE)
- 9:00AM TRX with Kristina (G)
- 11:00AM CHAIR YOGA with Beth (GE)
- 4:15PM KETTLEBELL 30 with Beth (GE)
- 5:00PM YOGA (Moderate) with Victoria (GE)
- 6:00PM FULL BODY STRENGTH with Lorena (GE)
- 6:00PM AQUAMOTION with Karen (P)
- 7:00PM DRUMMING FOR FITNESS with Lorena (GE)

### SATURDAY

- 9:00AM CYCLING with Mike (GE)
- 10:00AM YOGA with Shirley (GE)
- 11:00AM QIGONG with Shirley (GE)

### CHILD WATCH HOURS

Tuesday, Wednesday & Thursday:

8:45a-11:00a, 5:00p-7:30p

Monday, 8:45a-12p and 5p-7:30p

Friday & Saturday:

8:45a-12:00p

\*Ask about FREE diapers!

### WHERE TO MEET:

GE = Group Exercise Room  
G = Gymnasium  
P = Pool

Ask about our Personal Training  
and Fitness Orientations!



1226 Market St. NE  
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WestStarkY.org



See Reverse Side For Class Descriptions