

Fall 2021 Group Fitness Schedule

	MON	TUE	WED	THR	FRI
7:30am	<b>Intro to Strength &amp; Power</b> (Fitness Center) Aaron Matuszeski				
7:45am		<b>Cycle Core ~</b> McKenna Haen		<b>Cycle Core ~</b> McKenna Haen	
12:05pm					<b>Cardio Sculpt Fusion ~</b> Tammy Zee
12:30pm					<b>Cycle Core ~</b> ALTERNATE
2:15pm	<b>Cardio Kickboxing ~</b> Tammy Zee		<b>Cardio Kickboxing ~</b> Tammy Zee		
3:30pm	<b>Cycle Barre ~</b> Tammy Zee	<b>Zumba® &amp; Core~</b> Tammy Zee	<b>Cycle Barre~</b> Tammy Zee	<b>Zumba® &amp; Core~</b> Tammy Zee	
4:30pm	<b>Cycle Core~</b> Megan Kruse	<b>Cycle Core</b> Maddie Geszvain	<b>Cycle Core~</b> Megan Kruse	<b>Cycle Core</b> Maddie Geszvain	
4:45pm	<b>Yoga</b> Alea Jones	<b>Group Strength ~</b> Aaron Matuszeski	<b>Yoga / Meditation~</b> Emma Jonas	<b>Group Strength ~</b> Aaron Matuszeski	
5:30pm	<b>Cycle Core ~</b> Chloe Renzellman	<b>Cycle Core~</b> Mackenzie Frankland	<b>Cycle Core ~</b> Chloe Renzellman	<b>Cycle Core~</b> Mackenzie Frankland	
6:00pm	<b>Group Strength ~</b> Sarah Fenn	<b>HiIT it! ~</b> Aaron Matuszeski	<b>Group Strength ~</b> Sarah Fenn	<b>Hiit it! ~</b> Aaron Matuszeski	
6:30pm	<b>Cycle Core</b> Chloe Renzellmann	<b>Cycle Core ~</b> Amanda Manock	<b>Cycle Core</b> Chloe Renzellmann	<b>Cycle Core ~</b> Amanda Manock	
7:00pm	<b>ZUMBA® &amp; Core ~</b> Joye Hellenbrand	<b>Yoga Sculpt ~</b> Aleah Jones	<b>ZUMBA® &amp; Core ~</b> Joye Hellenbrand	<b>Yoga Sculpt ~</b> Aleah Jones	
8:00pm	<b>Kettlebell Conditioning ~</b> Sarah Fenn	<b>Yoga ~</b> Cora Vogt	<b>Kettlebell Conditioning</b> ~ Sarah Fenn	<b>Queer</b> <b>Night at the Rec</b> Alternate	

**SATURDAY CLASS**

**11:00am ~ Intro to Strength & Power (Fitness Center)**

**Noon ~ Cycle Core**

Aaron Matuszeski

Alternate instructors