

CYCLING studio

Mon.	5:30 - 6:15 8:30 - 9:15 5:30 - 6:15	AM AM PM	Cycling Cycling Cycling	Terri Tracey Jillian
Tues.	8:15 - 9:00 12:10 - 12:55 5:30 - 6:15	AM PM PM	Cycling Cycling Cycling	Tracey/Shaleen Jerica/Julie Terri
Wed.	5:30 - 6:15 8:30 - 9:15 5:30 - 6:15	AM AM PM	Cycling Cycling Cycling	Karen Terri Jerica
Thurs.	8:30 - 9:15 5:30 - 6:15	AM PM	Cycling Cycling	Kate Shaleen
Fri.	5:30 - 6:15	AM	Cycling	Jillian
Sat.	7:30 - 8:25	AM	Cycling	Jillian
Sun.	4:00 - 4:45	PM	Cycling	Tara/Julie

Sunday, Nov 22nd

TWO HOUR Cycling Challenge
3:00 - 5:00 PM



GROUP-studio-FITNESS

Monday	5:30-6:15 9:30 - 10:25 10:30 - 10:55 12:10 - 12:55 4:30 - 5:10 5:15 - 5:30 5:35 - 6:30 6:35 - 7:35	AM AM AM PM PM PM PM PM	H.E.A.T. StepBasics CORE BODYPUMP Xpress H.E.A.T. CORE BODYJAM BODYPUMP	Jillian Kate Kate Julie Kristin Kristin Melissa Jessi
Tuesday	5:30 - 6:30 9:30 - 10:30 4:30 - 5:30 5:35 - 6:35 6:40 - 7:40 7:45 - 8:45	AM AM PM PM PM PM	BODYPUMP BODYPUMP BODYFLOW BODYPUMP BODYATTACK YOGA	Amanda Kate Terri Deana Anita Kate
Wednesday	5:30 - 6:15 9:30 - 10:25 10:30 - 11:30 12:10 - 12:55 4:30 - 5:25 5:35 - 6:30 6:35 - 7:35	AM AM AM PM PM PM PM	Step Interval BODYJAM BODYFLOW / PILATES BODYPUMP Xpress BODYJAM H.E.A.T BODYPUMP	Amanda Maria Terri / Maria Tracey Tracey Jillian Kelley
Thursday	5:30 - 6:30 9:30 - 10:30 12:10 - 12:55 4:30 - 5:00 5:05 - 5:30 5:35 - 6:35 6:40 - 7:40 7:45 - 8:45	AM AM PM PM PM PM PM PM	BODYPUMP BODYPUMP Cardio Kickboxing Step Interval CORE BODYPUMP BODYJAM Yoga	Jessi Tracey Kim Amanda Amanda Tara/Nancy JAM team Jill
Friday	5:30 - 6:30 9:30 - 10:25 10:30 - 11:30 12:10 - 12:55 4:30 - 5:30 5:35 - 6:35	AM AM AM PM PM PM	BODYATTACK Step Interval Yoga BODYPUMP Xpress BODYATTACK BODYJAM	Jessi Tracey Kate Deana Anita Tracey
Saturday	7:30 - 8:25 8:30 - 9:30 9:40 - 10:40 10:45 - 11:45	AM AM AM AM	SuperStep BODYPUMP BODYJAM Yoga	Tracey/Melissa Kate/Tracey Jam Team Kate
Sunday	8:00 - 8:55 9:00 - 9:45 10:00 - 11:00 4:00 - 5:00 5:05 - 6:05	AM AM AM PM PM	H.E.A.T. BODYPUMP Xpress Step Adventure BODYATTACK BODYFLOW/Yoga	Tracey Tracey Paul Anita/Jessi Terri/Dawn

AQUA FITNESS

(Lap lane is left open for lap swimmers except during class times)

Mon.	9:30 - 10:15 4:30 - 5:15	AM PM	Nautical Noodles Aqua Aerobix	Barb Nicole
Tues..	8:30 - 9:15 9:30 - 10:15 5:45 - 6:30	AM AM PM	SS SilverSplash Hydro Tone Aqua Aerobix	Alana Allison Barb
Wed.	8:30 - 9:15 9:30 - 10:15 4:30 - 5:15	AM AM PM	Nautical Noodles Nautical Noodles Aqua Aerobix	Barb Barb Nicole
Thurs.	9:30 - 10:15 5:45 - 6:30	AM PM	Aqua Aerobix H.E.A.T. Wave	Deana Paula/Laura
Fri.	9:30 - 10:15	AM	Nautical Noodles	Barb
Sat.	8:30 - 9:15	AM	Aqua Aerobix	Barb/Amanda

Class Sampler

Friday, Nov 20th 5:00-6:30pm
Come & try 6 different class formats!
Step..BodyAttack..BodyJam..
Kickboxing..HEAT..Core

Private Swimming Lessons

For all ages, levels, and abilities. Now available day and evening, three swim instructors on staff. Available to small groups, Members and non-Members. Sign up at Front Desk.

Family Swim

Fridays 6:00 - 9:00 PM and Sundays 2:00 - 5:00 PM
Children 2-11 **MUST** be accompanied by a parent in the pool **AT ALL TIMES**. Children under 2 are only allowed in the pool during Swim Lessons or Aqua Tots.

Thanksgiving Day
Open 7am - noon

Class Schedule

7:30 Step with Julie
7:30 Cycling with Terri
8:30 BodyPump with Tracey/Nancy
9:30 BodyJam with Shannon



The Silver Sneakers Fitness Program
(OPEN TO ALL MEMBERS)

Mon.	8:30 - 9:15	SS Cardio Circuit	Alana
Tues..	8:30 - 9:15 10:45 - 11:30	SS SilverSplash SS Strength	Alana Kate/Alana
Wed	8:30 - 9:15	SS Cardio Circuit	Tracey/Kate
Thu.	10:45 - 11:30	SS Strength	Alana
Fri.	8:30 - 9:15	SS YogaStretch	Kate/Alana/Tracey

In the event of **bad weather**, please call the club ONE hour prior to start time of your scheduled class to ensure the class has not been cancelled.

This schedule is designed for you, our members. Your comments and suggestions are WELCOME! Please direct them to: **Tracey Waller, Group Fitness Director**, at tracey.waller@aspencedarrapids.com - Thank you!