

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PowerFit + 8:00AM Amanda	Group Biking + 6:00am John	Group Biking + 6:30 AM Megan	Strength + 8-8:45am Bradley	HIT + 5:15 AM Diane		
Gears & Guts + 8:30 AM Susan	Gentle Krishna Yoga # 6:30 AM Trish	Deep Water * 7:00 AM Susan	Group Biking + 8-8:45am Kelly	Group Biking + 6:30 AM Megan	Vinyasa Yoga # 6:30 AM Lisa	Flow Yoga # 7:45AM Amrit
Cardio Splash * 9:00 AM Marcia	Zumba + 8:00am Kveta	River Run + 8:00 AM John	Cardio Splash * 8:30 AM Marcia	Deep Water * 7:00 AM Susan	Fitness Friday + 8:00 AM Scott	Group Biking + 8:30AM John
Fab Abs + 9:15am Rebecca	Cardio splash * 8:30 AM Marcia	Foundations Biking + 8am-9am John	Zumba + 9:00AM Chrissy	River Run + 8:30 AM Susan	Walk & Talk Program + 8:00AM Guided by Fran	20/20/20 # 9:00 AM Rebecca
Vinyasa Yoga # 10:15 AM Kathleen	Barre + 9:00 AM Rebecca	Pivo Chi + 8:30 AM Karen	Vinyasa Yoga # 9:00 AM Kelly	Zumba + 8:00 AM Nate	Cardio Splash * 8:30 AM Marcia	Zumba + 10:05 AM Becky
	Summer Shoulders + 9:15 AM Sahrina	Total Body + 9:00 AM Sahrina	Cardio splash + 9:30 AM Marcia	Phi-Yo-Chi + 8:30 AM Karen	Butts & Guts + 9:00 AM Rebecca	Ivengar-inspired Yoga # 11:05 AM Noreen
	Group Biking + 9:15 AM Kelly	Cardio Kick + 9:15 AM Connie	Age Right + 10:15 AM Connie	Body Blast + 9:00 AM Melissa	Group Biking + 9:15 AM Kelly	
	Next Level + 9:30:00 AM-10:30am Claudia	Deep Water * 9:30 AM Susan	Pilates # 10:15 AM Gail	Gears & Guts + 9:15AM Sahrina	Cardio Splash + 9:30 AM Marcia	
	Fab Abs + 10:30 AM Melissa	Age Right + 10:15 AM Connie and Rebecca	Group Biking + 10:15am Dave	Deep Water * 9:30 AM Susan	Barre + 10:15 AM Connie	
	Balancing Arthritis + 10:45 AM Susan	Hatha Yoga # 10:15 AM Gail W	Aqua Zumba + 10:45 AM Denise	Yoga for seniors # 10:15 AM Trish	Balancing Arthritis + 10:45 AM Susan	
	Gentle Chair Yoga # 11:30 AM Trish	Healthy Joints + 10:45 AM Noreen	Gentle Chair Yoga # 12:00 PM Noreen	Age Right + 10:15 AM Connie	Gentle Chair Yoga # 11:30 AM Noreen	
	Zumba Gold + 11:30AM Concetta	Hot Vinyasa Yoga # 4:45 PM Kathleen	Gentle Chair Yoga # 1:15 PM Noreen	Healthy Joints + 10:45 AM Marcia	Zumba Gold + 11:45 AM Concetta	
	Body Blast + 4:45PM Brandy	Zumba + 5:00 PM Concetta	Step & Tone + 5:15 PM Karen	Low Impact Aerobics + 11:15 AM Chrissy	Gentle Chair Yoga # 12:45 AM John	
	20 20 20 + 5:30 PM Rebecca	Foundations Biking + 5:30 PM Susan	Group Biking + 5:45PM Karen	Flow Yoga # 5:15 PM Alka	Body Blast + 4:45 PM Amanda	
	Group Biking + 5:30 PM Kathleen	Total Body + 5:40PM Karen	Balanced Yoga # 6:10 PM Alka	Total Body + 5:15 PM Kate		
	Power Yoga # 6:45 PM Alka	Deep Water + 6:00 PM Eileen	Zumba + 7:05 PM Becky	Hydro HIT + 6:00 PM Eileen		
		Hot Vinyasa Yoga # 6:30 PM Amrit		FIIT + 6:35pm Dave		



Rudy A. Ciccotti Family
Recreation Center

Aquatic Center Hours
Mon - Fri: 5:15 AM - 8:00 PM
Sat & Sun: 7:15 AM - 6:00 PM

*Active Adults/Beginners
+Intermediate/Advanced
#Mind/Body

*July 1st Childcare hours start at 8am!!

Group Exercise Studio -- 1st Floor
Spin Studio -- 1st Floor Bike Room
Secondary Exercise Studio -- 2nd Floor
Gymnasium
Aquatics

Updated:8/04/2019

Sabrina Albritton
Group Exercise Coordinator
e. spontore@ciccotticenter.org