

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



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

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

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