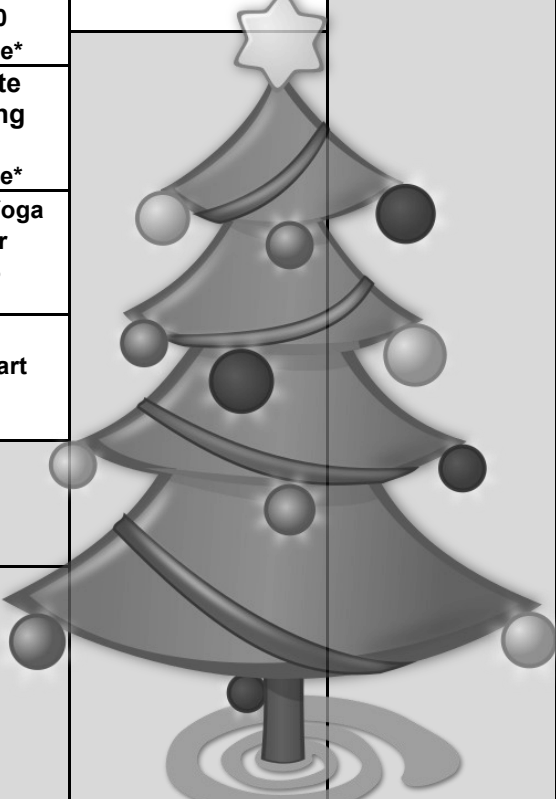


December 2018 Fitness Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Cardio Dance Genese Kerns 7:15 - 8:15	Fit & Tone Norma Ray 8:00 - 9:00	Cardio Dance Genese Kerns 7:15 - 8:15	Fit & Tone Rose Howard 8:00 - 9:00	CardioDance Genese Kerns 7:15 - 8:15	
Aerobics Marcia/Norma 8:30 - 9:30		Aerobics Marcia Stewart 8:30 - 9:30		Fit & Tone Rose Howard 9:15 - 10:15	
Intermediate Yoga Various Instr. 9:45 - 10:45	Fit & Tone Norma Ray 9:15 - 10:15	Tai Chi Tai Chi Society 9:45 - 11:15 *extra charge*	Fit & Tone Rose Howard 9:15 - 10:15	Intermediate Yoga Various Instr. 9:45 - 10:45	
	Mat-Based Pilates Genese Kerns 10:30 - 11:30		Beginning Tai Chi Tai Chi Society 10:30 - 12:00		
Yoga Betty Uchman 11:30 - 12:30		Yoga Janet Reed 11:30 - 12:30	Intro to Line Dancing 12:15 - 1:00 *extra charge*	Yoga Various Instr. 11:30 - 12:30 pm	
Advanced Line Dancing 1:00 - 2:00 *extra charge*	Intermediate Line Dancing 1:00 - 2:00 *extra charge*	Advanced Line Dancing 1:00 - 2:00 *extra charge*	Intermediate Line Dancing 1:00 - 2:00 *extra charge*		
Intro to Line Dancing 2:15 - 3:15 *extra charge*	Basic Hatha Yoga Jill Pranger 2:15 - 3:15	Fit & Tone Norma Ray 2:15 - 3:15	Basic Hatha Yoga Jill Pranger 2:15 - 3:15		
		PilatesYoga Rose Howard 4:00 - 5:00	Zumba ® Marcia Stewart 4:00 - 5:00		
Intermediate Yoga Various Instr. 6:00 - 7:00		Intermediate Yoga Various Instr. 6:00 - 7:00			

*Classes labeled "extra charge" do require an additional fee to participate, which should be paid directly to the instructor. This fee is in addition to your Recreation Membership or daily guest fee.

Kahite Fitness Classes

Fit & Tone with Rose Howard- Monday, Wednesday & Friday from 8:00 - 9:00 am

BBB with Joann Osmun- Monday, Wednesday & Friday from 9:15- 10:15 am (will begin mid-sept for winter season)

Water Exercise with Joann Osmun- Monday, Wednesday & Friday from 9:15- 10:15 am (will end mid-sept for winter)

PilatesYoga with Rose Howard- Tuesday from 4:00 -5 :00 pm

Pilates with Kathie Trocolla- Thursday from 8:30- 9:30 am

Chota Fitness Classes

Tai Chi Practice w/o Instructor- Monday & Friday from 9:45 - 10:45 am

Balance, Bend and Build with Mikki Barr- Tuesday & Thursday from 9:00 -10:00 am

Core & More with Carol Carra- Wednesday & Friday from 8:30 - 9:30 am

Muscle, Joints and Balance with Joanne Wilkinson- Wednesday from 1:15 pm - 2:15 pm