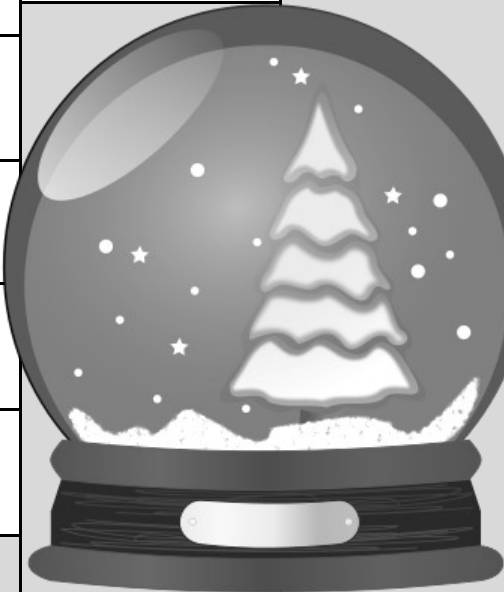


January 2019 Fitness Class Schedule

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	Fit & Tone Norma Ray 8:30 - 9:30
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*	Beginning Tai Chi Tai Chi Society 10:30 - 12:00	Intermediate Yoga Various Instr. 9:45 - 10:45	
Yoga Betty Uchman 11:30 - 12:30	Mat-Based Pilates Genese Kerns 10:30 - 11:30	Yoga Janet Reed 11:30 - 12:30		Intro to Line Dancing 12:15 - 1:00 *extra charge*	
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		
	Zumba ® Marcia Stewart 4:00 - 5:00	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	Core Carver Yoga Jackie Economy 5:15 - 6:15		

*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.

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

Kahite Classes being held at the Corntassel Presbyterian Church until construction of the Annex Facility is completed

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

Kahite Classes being held in the Kahite Exercise Room until Construction of the Annex Facility is completed.

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

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