



FITNESS PROGRAMS

Schedule: September-December 2024

Phillips Recreation Center

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:00am		Totally Toning 7-7:50am		Totally Toning 7-7:50am	
9:00am	Flow Yoga 9-10am		Flow Yoga 9-10am		Flow Yoga 9-10am
9:30am		Senior Strengtheners 9:30-10:20am		Senior Strengtheners 9:30-10:20am	
10:15am			Get Fit Where You Sit!		
10:30am	Senior Strengtheners 10:30-11:20am	Tai Chi (10:30-11:30am-Beg.) (10:30am-12pm-Adv.)	Chair Yoga 10:15-11:05am Senior Strengtheners 10:30-11:20am	Tai Chi (10:30-11:30am-Beg.) (10:30am-12pm-Adv.)	
11:00am					Cardio Drumming 11-11:50am
12:00pm	Boot Camp 12-12:50pm	H.I.I.T. Revolution 12-12:50pm	Boot Camp 12-12:50pm	H.I.I.T. Revolution 12-12:50pm	Boot Camp 12-12:50pm
1:00pm			Cardio Drumming 1-1:50pm		
4:15pm	Zumba 4:15-5:05pm		Zumba 4:15-5:05pm		Zumba 4:15-5:05pm
5:00pm		Work-it Circuit 5-5:50pm		Work-it Circuit 5-5:50pm	
5:30pm	Hard Core 5:30-6:20pm		Hard Core 5:30-6:20pm		
6:30pm	Tai Chi (6:30-7:30pm-Beg.) (6:30-8pm-Adv.)		Tai Chi (6:30-7:30pm-Beg.) (6:30-8pm-Adv.)		

Lake House in Crystal Lake Park

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:30pm		Yoga for Every Body 5:30-6:45pm		Yoga for Every Body 5:30-6:45pm	
7:00pm		Mat Pilates 7-8pm			

Instructor List

Lynn Coulston

- Flow Yoga, MWF 9 to 10 am

Jo Rodriguez

- Senior Strengtheners, MW 10:30 to 11:20 am
- Senior Strengtheners, TuTh 9 to 9:50 am

Beth McDonald

- Cardio Drumming, W 1 to 1:50 pm
- Cardio Drumming, F 11 to 11:50am

Mara Thacker, Kelsey Rademacher

- Zumba, MWF 3:45 to 4:35 pm

Davon Minor

- Hard Core, MW 5:30 to 6:20 pm

Peter Enstrom, Karen Lavazza

- Tai Chi Beginner, TuTh 10:30 to 11:30 am
- Tai Chi Advanced, TuTh 10:30 to 12:00 pm

Marla Mast, Jean Korder, Pat Tuchman

- Tai Chi Beginner, MW 6:30 to 7:30 pm
- Tai Chi Advanced, MW 6:30 to 8 pm

Kate Fair

- Totally Toning, TuTh 7 to 7:50 am
- Boot Camp, MWF 12 to 12:50pm
- H.I.I.T. Revolution, TuTh 12 to 12:50 pm
- Work-It Circuit, TuTh 5 to 5:50 pm

Robin Goettel

- Get Fit Where You Sit! Chair Yoga, W 10:15 to 11:05 am

Latashia Key

- Mat Pilates, Tue 7 to 8pm

Janessa Gentry

- Yoga For Every Body, TuTh 5:30 to 6:45 pm