



COMMUNITY & RECREATION CENTER
AT BOYCE MAYVIEW PARK

Fitness Group Exercise Schedule **Monday, October 19 – Sunday, October 25, 2020**

Monday:

9:00AM – 10:00AM Reformer – Diane – studio 1
9:00AM – 9:45AM Water Walking - Amy- resistance channel
9:30AM – 10:30AM Cycling – Mary – gym/outside/studio 2
9:30AM – 10:30AM Total Body Sculpt – Michele – outside/gym
10:30AM – 11:30AM – Mat Pilates – Diane – Learning Lab/Outdoor Classroom/Studio 2 *
11:00AM – 12:00PM Boxing – Cari – Outside*/gym
12:00PM – 1:00PM – Boomer Bootcamp – Gail – Gym
1:30PM – 2:15PM – Healthy & Strong Bodies- Gail – studio 2*
6:30PM – 7:30PM – Dance Cardio – Kelly –pavilion
6:45PM – 7:45PM – Aqua Interval - Colleen- resistance channel

Tuesday:

6:15AM – 7:15AM Cycling – Carey – Outside/gym/studio 2
6:15AM – 7:15AM Athlete's Workout – Laura/Sharon – outside/gym
9:00AM – 10:00AM Reformer – Diane – Studio 1
9:30AM – 10:30AM Cardio Boot Camp – Maura – outside/gym
11:00AM – 12:00PM All Levels Yoga – Cari – outdoor classroom/learning lab*
6:30PM – 7:30PM Power Flow Yoga – Lisa – Studio 2

Wednesday:

8:00AM – 9:00AM Zumba Gold Sculpt – Gail – Gym
9:00AM – 10:00AM – Athlete's Workout – Lisa – Outside
9:30AM – 10:30AM -Cycling – Mary – outside/gym/studio 2
9:00AM – 9:45AM – AQUA HIIT- Aliceson – lap pool
9:30AM – 10:30AM Total Body Sculpt – Michele – Outside/gym
11:00AM – 12:00PM Strength /KB – Cari – outside*
6:30PM – 7:30PM Dance Cardio – Kelly – pavilion

Thursday:

6:15AM – 7:15AM Athlete's Workout – Laura/Sharon – outside/gym
9:30AM – 10:30AM Cardio Boot Camp – Maura – Gym/Outside
9:30AM – 10:30AM Reformer – Janna – Studio 1
9:30AM – 10:30AM – PIYO – Jessica – Studio 2 *
10:30AM – 11:30AM TRX – Maura – Gym
11:00AM – 12:00PM Boxing – Cari – outside*
12:00PM – 1:00PM – Boomer Bootcamp – Gail - Gym
6:00PM – 7:00PM – Cycling – April – outside/studio 2
6:45PM – 7:45PM – Channel Challenge – Colleen – resistance channel

Friday:

6:15AM – 7:15AM Reverse Warrior Yoga – Sharon – studio 2
9:00AM – 9:45AM – Hydro Strength –Amy – resistance channel
9:30AM – 10:30AM All Levels Yoga – Denise – Learning Lab/ Outdoor classroom*
9:30AM – 10:30AM Cardio Boot Camp – Michele – Outside/gym
10:00AM – 10:45AM – Channel Challenge –Amy – resistance channel
11:00AM – 12:00PM Strength/KB – Cari – outside/gym*

Saturday:

8:00AM – 9:00AM Cardio Boot Camp – Ron – Outside/gym
8:00AM – 9:00AM Cycle – Mary – Outside/studio 2
9:30AM – 10:30AM Total Body Sculpt – TBA – Outside/gym
9:30AM – 10:45AM Power Flow Yoga – Lisa – Learning Lab/Outdoor Classroom

Sunday:

12:30PM – 1:30PM P90X – Jessica – Outside/gym



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*virtual/zoom online class option