



Aerobics

Instructor: Janet Creed

Tuesday: 6:00pm - 7:00pm - High/Low cardio w/ weights

Thursday: 6:00pm - 7:00pm - Interval training w/ weights and bands

Saturday: 9:00am - 10:00am - High/Low cardio w/ weights

Cross Training Aerobics

Instructor: Jen Welter

Monday: 5:45 pm-6:45pm

Wednesday: 5:45pm-6:45pm

White Collar Boxing

(White collar boxing is not included in "The Gym" membership)

Instructor: Jeff Overturf

Monday: 7:45pm-8:45pm

Tuesday: 12:00pm-1:00pm
7:00pm-8:15pm

Wednesday: 7:45pm-9:00pm

Thursday: 12:00pm-1:00pm
7:00pm-8:15pm

Friday: 5:45pm-7:00pm

Saturday: 12:15pm-1:15pm