

City Park Fitness Center

September - December 2021



General Fitness Classes*

The classes listed below are included with a general admission fee, as well as All-Facility, City Park Fitness Center, and SilverSneakers® passes.

• = All levels ** = Intermediate/Advanced

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Body Flex • Amanda 5:45-6:30 a.m. Studio Cycle • Al 5:45-6:30 a.m.	Fit & Focus • Monica 5:45-6:45 a.m.		Tabata •• Amanda 5:45-6:30 a.m. Studio Cycle • Lea 5:45-6:30 a.m.	Studio Cycle • Al 7:15-8:15 a.m.
Cardio Xtreme • Solo 8-8:45 a.m. Boot Camp •• Lindsay Indoor/Outdoor 8:45-9:45 a.m.	SilverSneakers® Circuit • Sandra 8-8:45 a.m. Cycle Fusion • Becky 8:45-9:45 a.m.	Cardio Xtreme • Kelly 8-8:45 a.m. Boot Camp •• Melissa Indoor/Outdoor 8:45-9:45 a.m.	SilverSneakers® Circuit • Julie 8-8:45 a.m. Cycle Fusion • Amanda 8:45-9:45 a.m.	Cardio Plus • Sandra 8-8:45 a.m. Boot Camp •• Matt Indoor/Outdoor 8:45-9:45 a.m.	
Body Flex • Becky 9-10 a.m.	Tabata •• Mary Beth 9-10 a.m.	Total Body Remix • Kirsten 9-10 a.m.	Tabata •• Mary Beth 9-10 a.m.	Body Flex • Sandra 9-10 a.m.	Meditation • Irene 9-10 a.m. TRX® •• Matt 9:15-10:15 a.m.
Pedaling for Parkinson's • Sunny 10-11a.m. SilverSneakers® Classic • Kelly 10:15-11:15 a.m.	TRX® •• Matt 10:15-11:15 a.m.	Pedaling for Parkinson's • Sunny 10-11a.m. SilverSneakers® Classic • Sandra 10:15-11:15 a.m. Tai Chi • Bud 10:30-11:30 a.m.	TRX® •• Matt 10:15-11:15 a.m.	Pedaling for Parkinson's • Sunny 10-11 a.m. SilverSneakers® Yoga • Irene 10:15-11:15 a.m.	
Lunch Time Blitz • Amy 11:45 a.m.-12:30 p.m. Tai Chi • Bud 12:45-1:45 p.m.	Body Flex • Sandra 11:45 a.m.-12:45 p.m.	Lunch Time Blitz • Ari 11:45 a.m.-12:30 p.m.	Cycle Fusion • Ari 11:45 a.m.-12:30 p.m.	SilverSneakers® Classic • Brigid 11:30 a.m.-12:30 p.m.	
	SilverSneakers® Yoga • Trudi 2-3 p.m.	Qi Gong • Sheryl 2:30-3:30 p.m.	SilverSneakers® Yoga • Kathleen 2-3 p.m.		
TRX® •• Matt 4:30-5:30 p.m. Tabata •• Amanda 5:30-6:30 p.m.	Studio Cycle • Lea 5:45-6:45 p.m.	TRX® •• Matt 4:30-5:30 p.m. Total Body Remix •• Amanda 5:30-6:30 p.m.	Body Flex • Cathy 5:30-6:30 p.m. Studio Cycle • Colleen S 5:45-6:45 p.m.	TRX® Fusion • Solo 4:30-5:30 p.m.	
Butts and Guts • Cathy 7-7:45 p.m.		Butts and Guts • Cathy 7-7:45 p.m.			

*All classes listed are subject to change or cancellation.

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Specialty Fitness Classes*

The classes listed below are included with your All-Facility, CPFC and SilverSneakers® passes.

NON-PASSHOLDER OPTIONS:

- FlexFit 10-visit punch card: \$70
- Drop-in fee: \$10

• = All levels •• = Intermediate/Advanced

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Barre • Kelly 6:30-7:15 a.m.			Pilates Chair • Monica 5:45-6:45 a.m.		
Mindful Flow Yoga • Adrien 9-10 a.m.					Power Yoga •• Robyn 9:15-10:15 a.m.
	Barre • Becky 10-11 a.m. Zumba® • Charity 10:15-11:15 a.m.		Mountain Strength Yoga • Tammy 10-11 a.m. Zumba® • Michelle 10:15-11:15 a.m.		Zumba® • Traci 10:30-11:30 a.m.
Barre • Trudi 11:45 a.m.-12:45 p.m.	Mindful Flow Yoga • Mandy 11:15 a.m.-12:15 p.m.		Pilates Mat • Joanna 11:15 a.m.-12:15 p.m. Zumba® Gold • Sandra 11:45 a.m.-12:45 p.m.	Barre • Becky 11:45 a.m.-12:45 p.m.	
Pilates Basic Chair • Trudi 1:15-2:15 p.m.		Gentle Yoga • Ari 12:45-1:45 p.m. Pilates Basic Mat • Trudi 1:15-2:15 p.m.			<p style="text-align: center; font-weight: bold; margin: 0;">SUNDAY</p> <p style="margin: 5px 0;">Barre • Ari/ Kelly 9-10 a.m.</p> <p style="margin: 5px 0;">Hatha Yoga • Ari/ Kathleen 10:30-11:30 a.m.</p> <p style="margin: 5px 0;">REB3L Groove • Solo 11 a.m.-12 p.m.</p>
	Pilates Chair • Trudi 3:15-4:15 p.m.				
Barre • Michelle 4:30-5:30 p.m.	Pilates Mat • Trudi 4:30-5:30 p.m.	Pilates Chair • Debbie 4:30-5:30 p.m.	Pilates Mat • Debbie 4:30-5:30 p.m.	Barre • Michelle 4:30-5:30 p.m.	
Kettlebell •• Matt 5:45-6:45 p.m.	Zumba • Traci 5:30-6:30 p.m. Vinyasa Flow Yoga • Robyn 5:45-6:45 p.m.	Barre • Solo 5:45-6:45 p.m. Kettlebell •• Matt 5:45-6:45 p.m.	Vinyasa Flow Yoga • Robyn 5:45-6:45 p.m.		
Zumba® • Traci 6:45-7:45 p.m.		Zumba® • Kasey 6:45-7:45 p.m.			
Hatha Yoga • Mandy 7-7:45 p.m.	Barre • Ari 7-7:45 p.m.	Hatha Yoga • Adrien 7-7:45 p.m.	Barre • Kelly 7-7:45 p.m.		

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