



PETERSEN FAMILY
WELLNESS CENTER
LEWIS FAMILY
AQUATIC COMPLEX

Class Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:05 AM						
7:30 AM						Boot Camp (Allison)
8:15 AM						
8:30 AM	Cycle & Strength (Melissa)	Circuit XTREME (Mel)	Cycle & Strength (Melissa)	Circuit XTREME (Mel)	Cycle & Strength (Melissa)	
9:00 AM						
9:30 AM	Generation Fit (Jackie)		Generation Fit (Jackie)		Generation Fit (Jackie)	
10:05 AM		MSROM® SilverSneakers (Jackie)	Sit & Be Fit 10:45--30 min. (Jackie)	MSROM® SilverSneakers (Jackie)		
11:00 AM						
12:05 PM	15 min. Abs (Fitness on Demand)	Yoga (Michele)	15 min. Abs (Fitness on Demand)	Yoga (Michele)	15 min. Abs (Fitness on Demand)	
4:15 PM						
5:15 PM					Chair Yoga (Fitness on Demand)	
5:30 PM						
6:00 PM						

****Weather Related Class Changes:** Harlan Schools have a 2 Hour Late Start/NO CLASSES TIL 12 PM.

No School/No Classes all Day Early Out/No Afternoon Classes **Check FaceBook or KNOD 105.3



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Water Classes

TIME/ DATE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:05 AM	Aqua Fit Any level (Pat)		Aqua Fit Any level (Pat)		Aqua Fit Any level (Pat)	
8:05 AM	Aqua Fit Any level (Pat)		Aqua Fit Any level (Pat)		Aqua Fit Any level (Pat)	
4-6pm		Swim Team Practice Nov. 5 -- Mar. 31		Swim Team Practice Nov. 5 -- Mar. 31		
5:15pm	Aqua Boot Camp Any level (Allison)		Aqua Boot Camp Any level (Allison)			
5:30pm						

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4/8/2021