

# Class Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:05 AM	ExtremeCircuit1 (Janell)	Spin & Bear II (Janell)	Power Yoga (Janell)	ExtremeCircuit2 (Janell)		
7:30 AM						
8:30 AM	Cycle & Strength (Melissa)	Strength/Cardio (Mel)	Cycle & Strength (Melissa)	Strength/Cardio (Mel)	Cycle & Strength (Melissa)	
9:30 AM	Generation Fit Gym (Jackie)		Generation Fit Gym (Jackie)		Generation Fit Gym (Jackie)	
10:45 AM			Sit & Be Fit 30 min. (Jackie)			
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)	
1:00 PM		Pickelball Gym (Michele)		Pickelball Gym (Michele)		
4:00 PM						
4:30 - 6:30 PM			Pickelball 2 hours in Gym (Michele)			
4:45 PM						
5:15 PM	SHiNE Dance™ (Bre)	SHiNE Dance™ (Bre)			Chair Yoga (Fitness on Demand)	
5:30 PM						
6 - 7:30 PM				Taekwondo		
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)

# Water Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:05 AM	Aqua Fit Any level (Jen)		Aqua Fit Any level (Jen)		Aqua Fit Any level (Jen)	
8:05 AM	Aqua Fit Any level (Jen)		Aqua Fit Any level (Jen)		Aqua Fit Any level (Jen)	
4:00 - 6:00 PM		Swim Team Practice November - March		Swim Team Practice November - March		
5:15 PM	Aqua Boot Camp Any level (Allison)		Aqua Boot Camp Any level (Allison)			
5:30 PM						

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9/6/2022