

Class Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 AM	Step Circuit (Janell)	Cycle & Circuit (Janell)	Power Yoga & Stretch (Janell)	HIIT Circuit (Janell)		
7:00 AM					Pickelball/Ladies (Michele) <u>Gym 7:00-9:00</u>	
7:30 AM						BootCamp (Allison)
8:30 AM	Cycle & Strength (Melissa)	Strength/Cardio (Mel)	Cycle & Strength (Melissa)	Strength/Cardio (Mel)	Cycle & Strength (Melissa)	
9:30 AM	Generation Fit (Jackie) <u>Gym--CLOSED</u>		Generation Fit (Jackie) <u>Gym--CLOSED</u>		Generation Fit (Jackie) <u>Gym--CLOSED</u>	
10:45 AM			Sit & Be Fit 10:45--30 min. (Jackie)			
12:05 PM		Yoga (Michele)		Yoga (Michele)		
1:00 PM	SpecialOlympics 1:00-2:30 pm <u>Gym--CLOSED</u>	Pickelball/Adult (Michele) <u>Gym 12:30-3</u>	SpecialOlympics 1:00-2:30 pm <u>Gym--CLOSED</u>	Pickelball/Adult (Michele) <u>Gym 12:30-3</u>		
4:00 PM	Pickelball/Adult (Michele) <u>Gym 4:00-6</u>	HIIT Circuit (Janell) <u>Start 1-6-26</u>		HIIT Circuit (Janell) <u>Start 1-8-26</u>		
4:30 PM						
5:00 PM		Core & Weights (Janell) <u>Starts 1-6-26</u>		Power Yoga & Stretch (Janell) <u>Starts 1-8-26</u>		
5:15 PM						
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

Water Classes

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)	
8:00 AM	Aqua Fit Any level (Jen)		Aqua Fit Any level (Jen)		Aqua Fit Any level (Jen)	
4-6pm		Swim Team Practice <u>Nov.-- March</u>		Swim Team Practice <u>Nov.-- March</u>		
5:15pm	Aqua Boot Camp Any level (Allison)		Aqua Boot Camp Any level (Allison)			
5:30pm						