

# Class Schedule

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

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