

October Fitness Schedule



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Power Sculpt 7:45 - 8:45 AM Deanne Bugos <i>Group Exercise 1</i>		Power Hour 7:45 - 8:45 AM Katie Hardie <i>Group Exercise 1</i>		Yoga Fusion 8:00 AM - 9:00 AM Christina Russell <i>Group Exercise 1</i>		
Silver Sneakers Splash 9:00 - 10:00 AM Susan Meddick <i>Pool</i>	Mat Pilates 9:00 - 10:00 AM Paige Walker <i>Group Exercise 1 or 2</i> No Class 10/21 or 10/28	Silver Sneakers Splash 9:00 - 10:00 AM Susan Meddick <i>Pool</i>	Vinyasa Flow Yoga 9:00 AM - 10:00 AM Derik McCuistion <i>Group Exercise 2</i> Begins 10/9	Silver Sneakers Splash 9:00 - 10:00 AM Leslie Januez <i>Pool</i>		
SS Yoga 10:15 - 11:15 AM Dallas Franklin <i>Group Exercise 1</i>		Silver Sneakers Classic 10:15 - 11:15 AM Mary Wagner <i>Group Exercise 1</i>	Silver Sneakers Circuit 10:15 - 11:15 AM Kristen Hessler <i>Group Exercise 1</i>			
			SS Yoga 10:15 - 11:15 AM Kristen Hessler <i>Group Exercise 1</i>		Aerial Yoga 10:30AM - 11:30AM Giuliana Sheldon <i>Group Exercise 2</i> 10/11 ONLY	Power Vinyasa 10:30AM - 11:30AM Stacy Kempfer <i>Group Exercise 2</i>
		Tot Fitness: 2-4 2:00 - 3:00 PM Hope Guamera <i>Group Exercise 2</i>				
	Youth Hip Hop 4:00 - 4:45 PM Paige Farlow <i>Group Exercise 1</i>					
Jiu-Jitsu: Youth 6-9 4:30 - 5:20 PM Raoni Orlandi <i>Group Exercise 1</i>		Youth Fitness: 5-9 3:45 - 5:00 PM Hope Guamera <i>Group Exercise 2</i>	L1 Aerial Arts: 6-8 3:45 - 4:45 PM Giuliana Sheldon <i>Group Exercise 2</i>	Jiu-Jitsu: Youth 6-9 4:30 - 5:20 PM Raoni Orlandi <i>Group Exercise 1</i>		
Jiu-Jitsu: Youth 10+ 5:30 - 6:20 PM Raoni Orlandi <i>Group Exercise 1</i>	Teen Hip Hop 5:30 - 6:30 PM Paige Farlow <i>Group Exercise 1</i>		L1 Aerial Arts 8+ 5:15 - 6:15 PM Giuliana Sheldon <i>Group Exercise 2</i>	Youth Irish Dance: 5-9 3:45 - 5:00 PM Hope Guamera <i>Group Exercise 1</i>	L1 Aerial Arts: 8+ 3:45 - 4:45 PM Giuliana Sheldon <i>Group Exercise 2</i>	
Jiu-Jitsu: Adult 6:30 - 7:30 PM Raoni Orlandi <i>Group Exercise 1</i>	Intro to Olympic Lifting 6:30 - 7:30 PM Nico Rithner <i>HIIT Studio</i>			Jiu-Jitsu: Youth 10+ 5:30 - 6:20 PM Raoni Orlandi <i>Group Exercise 1</i>	L2/3 Aerial Arts 5:15 - 6:15 PM Giuliana Sheldon <i>Group Exercise 2</i>	
				Jiu-Jitsu: Adult 6:30 - 7:30 PM Raoni Orlandi <i>Group Exercise 1</i>	Intro to Olympic Lifting 6:30 - 7:30 PM Nico Rithner <i>HIIT Studio</i>	Aerial Fabrics 6:30 - 7:30 PM Giuliana Sheldon <i>Gymnastics Studio</i> No Class 10/31

Ski Conditioning 2025

Monday/Wednesday: 9:00 AM - 10:00 AM, Monday/Wednesday: 5:30 PM - 6:30 PM
Tuesday/Thursday: 9:00 AM - 10:00 AM, Tuesday/Thursday: 5:30 PM - 6:30 PM
John Florkiewicz
Gymnasium

FITNESS CLASS SIGN IN

Before every fitness class all participants are required to check in with the front desk and sign in on the roster found in the classroom or workout area.