



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MP ROOM SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-6AM Women's Strength Training Heritage/Limeberry Rhonda	6-6:45AM Group Cycling Limeberry Ann	9-10AM Pilates Mary Shireman	5:30-6AM Women's Strength Training Heritage/Limeberry Rhonda	5-6PM Latin Aerobics Heritage/Limeberry DJ	8:30-9:30AM Saturday Surprise Heritage- Rotation 1st Sat- Rhonda 2nd Sat- Lana 3rd Sat- Rhonda 4th Sat- Michelle 5th Sat- Rhonda	2:00-3:00PM Zumba Gymnasium Marcee
9-10AM Fitness Yoga Shireman Rebecca	9-10AM Zumba Heritage/Limeberry Marcee	10-11AM Turbo Kick Heritage/Limeberry Amanda M.	6-6:45AM Group Cycling Limeberry Ann	9-10AM Yoga Gathering Shireman Mary		
10-11AM Parents and Me Heritage Sherryl	9-10AM Yoga Gathering Shireman Marian	10:15-11:15AM The Better Weigh Shireman Michelle	8:30-9:30AM Stretch/Balance Shireman Michelle	4:15-5PM Youth Running Main Lobby	8:30AM-9:45AM Tae Kwon Do Limeberry Cerami	Mas-
10-11AM Bible Study Limeberry Don/Alma	4:15-5PM Y Active Kids Heritage/Limeberry Kathy	4:15-5PM Get Moving Super Heroes Heritage/Limeberry Sherryl	9:30-10:30AM Turbo Kick Heritage/Limeberry Amanda J.		9:30-10:15AM Parent/Child Yoga Shireman Michelle <i>* Every 4th Saturday of the month</i>	
5-6PM Latin Aerobics Heritage/Limeberry DJ	5-6PM Zumba Heritage/Limeberry Marcee	5-6PM Latin Aerobics Heritage/Limeberry DJ	4:15-5PM Y Active Kids Heritage/Limeberry-Michelle		9:30AM-12:00PM Tae Kwon Do Heritage/Limeberry Master Cerami	
5-6PM Autistic Support Group Shireman Thearsa	5-6PM Pilates Shireman Kathy	5:10-5:55PM Y Sanity Shireman JR	5-6PM Family Scrapbooking Shireman-Jo		10:30-11:30AM Kids Dance Shireman- Emily	
6-6:45PM Little Kicks Heritage Christine	5:30-7PM Board Mt—3rd Tues Main Office	6-7PM Body Sculpting Heritage/Limeberry Lana	5:10-5:55PM Y Sanity Heritage/Limeberry-JR		11:30AM-12:30PM Baton Shireman- Kathy	
6-8:30PM Tae Kwon Do Heritage/Limeberry Master Cerami	6-7PM Fit Camp Heritage/Limeberry Rhonda	6-7PM Tai Chi Shireman Richard	6-7PM Rep Reebok Heritage-Sally		2-3PM Tumbling Heritage- Missy	
	6-7PM Fitness Yoga Shireman Rebecca	7-8PM Waist Management Heritage/Limeberry Lana	6-7PM Turbo Kick Limeberry-Amanda M.		6-7PM The Invitation Heritage/Limeberry-Catherine <i>*This program is after hours</i>	
	7-8PM Y Intensity Heritage/Limeberry Lana		6-7PM Fitness Yoga Shireman-Rebecca			
			7-7:30PM PiYo Shireman-Amanda M.			
			6:45-8:45PM Beth Moore Bible Study Main Office-Pam			
			7-8PM Zumba Heritage/Limeberry-Marcee			

Classes are held in the Shireman, Limeberry, or Heritage Rooms located upstairs.

Classes listed in BOLD font are paid classes. The remainder of the classes are included in membership and are member only benefits.

Please check flyer rack for paid class start/end dates.

Note: Schedules are subject to change