The leaders with		FACT ADEA FAMILY VI		
		EAST AREA FAMILY YM GROUP FITNESS CLASS		
MONDAY		January 6th- March 2n		INTENSITY
5:45am	Hybrid	Les Mills Body PUMP Express	Jill H.	Low-Mid-High
7:30am	Hybrid	POUND (AOA)	Rachele W.	Low-Mid
8:30am	Hybrid	Forever Fit	Genoa W.	Low-Mid
9:30am	Hybrid	Les Mills Body Combat	Patty R.	Low-Mid-High
10:30am	Hybrid	Les Mills Body PUMP	Jennifer B.	Low-Mid-High
11:30am	Hybrid	WERQ	Terri T.	Mid-High
12:30pm	Hybrid	Forever Fit Plus	Terri T.	Low-Mid
4:30pm	Tables Control and Control	Zumba	Kelly K.	Low-Mid-High
5:30pm	Hybrid	Les Mills Body PUMP	Colleen D.	Low-Mid-High
6:30pm	Hybrid	Les Mills Body Combat	Katie D.	Low-Mid-High
TUESDAY	•			
5:45am	Hybrid	Les Mills TONE	Patty R.	Low-Mid-High
7:30am	Hybrid	REFIT	Sally J.	Low-Mid-High
8:30am		Pilates	Patty R.	Low-Mid
9:30am	Hybrid	STEP & Strength	Wendy J.	Low-Mid-High
10:30	Hybrid	NIA	Kathleen C.	Low-Mid
	Hybrid	BARRE	Kinyorda S.	Low-Mid
1:00pm	Hybrid	Forever Fit Plus	Terri T.	Low-Mid
4:30pm	Hybrid	Power Yogalates	Colleen D.	Low-Mid-High
5:30pm	Hybrid	Strength & Cardio	Cindy P.	Low-Mid-High
6:30pm	**************************************	Yoga	Vera B.	Low-Mid
3	Hybrid	WERQ	Ivy R.	Mid-High
7:30pm	1170114	WERQ	TV y IX.	riid riigii
7:30pm WEDNESD		WERRY	TVY IC.	riid High
WEDNESD 5:45am	AY Hybrid	Les Mills Body PUMP Express	Jill H.	Low-Mid-High
WEDNESD 5:45am 7:30am	AY Hybrid Hybrid	Les Mills Body PUMP Express Forever Fit		
5:45am 7:30am 8:30am	AY Hybrid Hybrid Hybrid	Les Mills Body PUMP Express Forever Fit POUND (AOA)	Jill H. Genoa W. Rachele W.	Low-Mid-High Low-Mid Low-Mid
5:45am 7:30am 8:30am 9:30am	AY Hybrid Hybrid Hybrid Hybrid	Les Mills Body PUMP Express Forever Fit POUND (AOA) High Intensity Intervals	Jill H. Genoa W. Rachele W. Cindy P.	Low-Mid-High Low-Mid Low-Mid Low-Mid-High
5:45am 7:30am 8:30am 9:30am 10:30am	AY Hybrid Hybrid Hybrid	Les Mills Body PUMP Express Forever Fit POUND (AOA) High Intensity Intervals Dance Fit (in Group Ex Room)	Jill H. Genoa W. Rachele W. Cindy P. Kellie E.	Low-Mid-High Low-Mid Low-Mid Low-Mid-High Low-Mid-High
5:45am 7:30am 8:30am 9:30am 10:30am 10:30am	AY Hybrid Hybrid Hybrid Hybrid Hybrid	Les Mills Body PUMP Express Forever Fit POUND (AOA) High Intensity Intervals Dance Fit (in Group Ex Room) WERQ (in the gym)	Jill H. Genoa W. Rachele W. Cindy P. Kellie E. Margarita S.	Low-Mid-High Low-Mid Low-Mid Low-Mid-High Low-Mid-High Mid-High
5:45am 7:30am 8:30am 9:30am 10:30am 10:30am 11:30am	Hybrid Hybrid Hybrid Hybrid Hybrid Hybrid	Les Mills Body PUMP Express Forever Fit POUND (AOA) High Intensity Intervals Dance Fit (in Group Ex Room) WERQ (in the gym) Chair Yoga	Jill H. Genoa W. Rachele W. Cindy P. Kellie E. Margarita S. Patty R./Paul F.	Low-Mid-High Low-Mid Low-Mid Low-Mid-High Low-Mid-High Mid-High
5:45am 7:30am 8:30am 9:30am 10:30am 11:30am 1:30pm	AY Hybrid Hybrid Hybrid Hybrid Hybrid	Les Mills Body PUMP Express Forever Fit POUND (AOA) High Intensity Intervals Dance Fit (in Group Ex Room) WERQ (in the gym)	Jill H. Genoa W. Rachele W. Cindy P. Kellie E. Margarita S. Patty R./Paul F. Genoa W.	Low-Mid-High Low-Mid Low-Mid Low-Mid-High Low-Mid-High Mid-High Low Low
5:45am 7:30am 8:30am 9:30am 10:30am 10:30am 11:30am 1:30pm 4:30pm	Hybrid Hybrid Hybrid Hybrid Hybrid Hybrid Hybrid Hybrid	Les Mills Body PUMP Express Forever Fit POUND (AOA) High Intensity Intervals Dance Fit (in Group Ex Room) WERQ (in the gym) Chair Yoga Tai Chi for Arthritis Zumba	Jill H. Genoa W. Rachele W. Cindy P. Kellie E. Margarita S. Patty R./Paul F. Genoa W. Kelly K.	Low-Mid-High Low-Mid Low-Mid Low-Mid-High Low-Mid-High Mid-High
5:45am 7:30am 8:30am 9:30am 10:30am 10:30am 11:30am 1:30pm 4:30pm 5:30pm	Hybrid Hybrid Hybrid Hybrid Hybrid Hybrid Hybrid Hybrid	Les Mills Body PUMP Express Forever Fit POUND (AOA) High Intensity Intervals Dance Fit (in Group Ex Room) WERQ (in the gym) Chair Yoga Tai Chi for Arthritis Zumba Les Mills Body Combat	Jill H. Genoa W. Rachele W. Cindy P. Kellie E. Margarita S. Patty R./Paul F. Genoa W. Kelly K. Meredith A.	Low-Mid-High Low-Mid Low-Mid Low-Mid-High Low-Mid-High Mid-High Low Low
5:45am 7:30am 8:30am 9:30am 10:30am 10:30am 11:30am 1:30pm 4:30pm 5:30pm 6:30pm	Hybrid	Les Mills Body PUMP Express Forever Fit POUND (AOA) High Intensity Intervals Dance Fit (in Group Ex Room) WERQ (in the gym) Chair Yoga Tai Chi for Arthritis Zumba	Jill H. Genoa W. Rachele W. Cindy P. Kellie E. Margarita S. Patty R./Paul F. Genoa W. Kelly K.	Low-Mid-High Low-Mid Low-Mid-High Low-Mid-High Mid-High Low Low-Mid-High
5:45am 7:30am 8:30am 9:30am 10:30am 11:30am 11:30pm 4:30pm 5:30pm 6:30pm	Hybrid	Les Mills Body PUMP Express Forever Fit POUND (AOA) High Intensity Intervals Dance Fit (in Group Ex Room) WERQ (in the gym) Chair Yoga Tai Chi for Arthritis Zumba Les Mills Body Combat Les Mills Body PUMP	Jill H. Genoa W. Rachele W. Cindy P. Kellie E. Margarita S. Patty R./Paul F. Genoa W. Kelly K. Meredith A. Margarita S.	Low-Mid-High Low-Mid Low-Mid Low-Mid-High Low-Mid-High Mid-High Low Low-Mid Low-Mid Low-Mid Low-Mid-High Low-Mid-High Low-Mid-High
5:45am 7:30am 8:30am 9:30am 10:30am 10:30am 11:30am 1:30pm 4:30pm 5:30pm 6:30pm THURSDAY 5:45am	Hybrid	Les Mills Body PUMP Express Forever Fit POUND (AOA) High Intensity Intervals Dance Fit (in Group Ex Room) WERQ (in the gym) Chair Yoga Tai Chi for Arthritis Zumba Les Mills Body Combat Les Mills Body PUMP High Intensity Intervals	Jill H. Genoa W. Rachele W. Cindy P. Kellie E. Margarita S. Patty R./Paul F. Genoa W. Kelly K. Meredith A. Margarita S.	Low-Mid-High Low-Mid Low-Mid Low-Mid-High Low-Mid-High Mid-High Low Low-Mid Low-Mid Low-Mid-High Low-Mid-High Low-Mid-High
5:45am 7:30am 8:30am 9:30am 10:30am 10:30am 11:30am 1:30pm 4:30pm 6:30pm THURSDAY 5:45am 5:45am	Hybrid	Les Mills Body PUMP Express Forever Fit POUND (AOA) High Intensity Intervals Dance Fit (in Group Ex Room) WERQ (in the gym) Chair Yoga Tai Chi for Arthritis Zumba Les Mills Body Combat Les Mills Body PUMP High Intensity Intervals Run Group (meet in Fayetteville Lobby)	Jill H. Genoa W. Rachele W. Cindy P. Kellie E. Margarita S. Patty R./Paul F. Genoa W. Kelly K. Meredith A. Margarita S. Patty R./Cindy P. Jen H.	Low-Mid-High Low-Mid Low-Mid Low-Mid-High Low-Mid-High Mid-High Low Low-Mid Low-Mid Low-Mid-High Low-Mid-High Low-Mid-High Low-Mid-High Low-Mid-High
5:45am 7:30am 8:30am 9:30am 10:30am 10:30am 11:30am 1:30pm 4:30pm 6:30pm THURSDAY 5:45am 5:45am 7:30am	Hybrid	Les Mills Body PUMP Express Forever Fit POUND (AOA) High Intensity Intervals Dance Fit (in Group Ex Room) WERQ (in the gym) Chair Yoga Tai Chi for Arthritis Zumba Les Mills Body Combat Les Mills Body PUMP High Intensity Intervals Run Group (meet in Fayetteville Lobby) Chair Yoga	Jill H. Genoa W. Rachele W. Cindy P. Kellie E. Margarita S. Patty R./Paul F. Genoa W. Kelly K. Meredith A. Margarita S. Patty R./Cindy P. Jen H. Genoa W.	Low-Mid-High Low-Mid Low-Mid Low-Mid-High Low-Mid-High Low Low-Mid Low-Mid-High Low-Mid-High Low-Mid-High Low-Mid-High Low-Mid-High Low-Mid-High Low-Mid-High
5:45am 7:30am 8:30am 9:30am 10:30am 10:30am 11:30am 1:30pm 4:30pm 5:30pm 6:30pm THURSDAY 5:45am 7:30am 8:30am	Hybrid	Les Mills Body PUMP Express Forever Fit POUND (AOA) High Intensity Intervals Dance Fit (in Group Ex Room) WERQ (in the gym) Chair Yoga Tai Chi for Arthritis Zumba Les Mills Body Combat Les Mills Body PUMP High Intensity Intervals Run Group (meet in Fayetteville Lobby) Chair Yoga BARRE	Jill H. Genoa W. Rachele W. Cindy P. Kellie E. Margarita S. Patty R./Paul F. Genoa W. Kelly K. Meredith A. Margarita S. Patty R./Cindy P. Jen H. Genoa W. Jackie N.	Low-Mid-High Low-Mid Low-Mid Low-Mid-High Low-Mid-High Mid-High Low Low-Mid Low-Mid-High Low-Mid-High Low-Mid-High Low-Mid-High Low-Mid-High Low-Mid-High Low-Mid-High Low-Mid-High (All Levels) Low Low-Mid
5:45am 7:30am 8:30am 9:30am 10:30am 10:30am 11:30am 11:30pm 4:30pm 5:30pm 6:30pm THURSDAY 5:45am 5:45am 7:30am 8:30am	Hybrid	Les Mills Body PUMP Express Forever Fit POUND (AOA) High Intensity Intervals Dance Fit (in Group Ex Room) WERQ (in the gym) Chair Yoga Tai Chi for Arthritis Zumba Les Mills Body Combat Les Mills Body PUMP High Intensity Intervals Run Group (meet in Fayetteville Lobby) Chair Yoga BARRE Les Mills Body Combat	Jill H. Genoa W. Rachele W. Cindy P. Kellie E. Margarita S. Patty R./Paul F. Genoa W. Kelly K. Meredith A. Margarita S. Patty R./Cindy P. Jen H. Genoa W. Jackie N. Wendy J.	Low-Mid-High Low-Mid Low-Mid Low-Mid-High Low-Mid-High Low Low-Mid Low-Mid-High Low-Mid-High Low-Mid-High Low-Mid-High Low-Mid-High Low-Mid-High Low-Mid-High (All Levels) Low Low-Mid Low-Mid
5:45am 7:30am 8:30am 9:30am 10:30am 10:30am 11:30am 11:30pm 4:30pm 5:30pm 6:30pm THURSDAY 5:45am 7:30am 8:30am 9:30am	Hybrid	Les Mills Body PUMP Express Forever Fit POUND (AOA) High Intensity Intervals Dance Fit (in Group Ex Room) WERQ (in the gym) Chair Yoga Tai Chi for Arthritis Zumba Les Mills Body Combat Les Mills Body PUMP High Intensity Intervals Run Group (meet in Fayetteville Lobby) Chair Yoga BARRE Les Mills Body Combat Run Group (Meet in Fayetteville Lobby)	Jill H. Genoa W. Rachele W. Cindy P. Kellie E. Margarita S. Patty R./Paul F. Genoa W. Kelly K. Meredith A. Margarita S. Patty R./Cindy P. Jen H. Genoa W. Jackie N. Wendy J. Jen H.	Low-Mid-High Low-Mid Low-Mid Low-Mid-High Low-Mid-High Mid-High Low Low-Mid Low-Mid-High Low-Mid-High Low-Mid-High Low-Mid-High Low-Mid-High (All Levels) Low Low-Mid Low-Mid-High (All Levels)
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5:45am 7:30am 8:30am 9:30am 10:30am 11:30am 11:30am 1:30pm 4:30pm 5:30pm 6:30pm THURSDAY 5:45am 7:30am 8:30am 9:30am 9:30am 10:30am 11:30am	Hybrid	Les Mills Body PUMP Express Forever Fit POUND (AOA) High Intensity Intervals Dance Fit (in Group Ex Room) WERQ (in the gym) Chair Yoga Tai Chi for Arthritis Zumba Les Mills Body Combat Les Mills Body PUMP High Intensity Intervals Run Group (meet in Fayetteville Lobby) Chair Yoga BARRE Les Mills Body Combat Run Group (Meet in Fayetteville Lobby) Yoga NIA	Jill H. Genoa W. Rachele W. Cindy P. Kellie E. Margarita S. Patty R./Paul F. Genoa W. Kelly K. Meredith A. Margarita S. Patty R./Cindy P. Jen H. Genoa W. Wendy J. Jen H. Margaux H. Kathleen C.	Low-Mid-High Low-Mid Low-Mid Low-Mid-High Low-Mid-High Low Low-Mid Low-Mid-High Low-Mid-High Low-Mid-High Low-Mid-High Low-Mid-High (All Levels) Low Low-Mid Low-Mid-High (All Levels) Low-Mid Low-Mid-High (All Levels)
5:45am 7:30am 8:30am 9:30am 10:30am 10:30am 11:30am 11:30pm 4:30pm 5:30pm 6:30pm THURSDAY 5:45am 5:45am 7:30am 8:30am 9:30am 10:30am 11:30am 11:30am 11:30am	Hybrid	Les Mills Body PUMP Express Forever Fit POUND (AOA) High Intensity Intervals Dance Fit (in Group Ex Room) WERQ (in the gym) Chair Yoga Tai Chi for Arthritis Zumba Les Mills Body Combat Les Mills Body PUMP High Intensity Intervals Run Group (meet in Fayetteville Lobby) Chair Yoga BARRE Les Mills Body Combat Run Group (Meet in Fayetteville Lobby) Yoga NIA Chair Forever Fit	Jill H. Genoa W. Rachele W. Cindy P. Kellie E. Margarita S. Patty R./Paul F. Genoa W. Kelly K. Meredith A. Margarita S. Patty R./Cindy P. Jen H. Genoa W. Jackie N. Wendy J. Jen H. Margaux H. Kathleen C. Jackie N.	Low-Mid-High Low-Mid Low-Mid Low-Mid-High Low-Mid-High Mid-High Low Low-Mid-High Low-Mid-High Low-Mid-High Low-Mid-High Low-Mid-High Low-Mid-High (All Levels) Low Low-Mid Low-Mid-High (All Levels) Low-Mid Low-Mid-High (All Levels)
5:45am 7:30am 8:30am 9:30am 10:30am 10:30am 11:30am 1:30pm 4:30pm 5:30pm 6:30pm THURSDAY 5:45am 7:30am 8:30am 9:30am 10:30am 11:30am 11:30am 11:30am 11:30am 11:30am	Hybrid	Les Mills Body PUMP Express Forever Fit POUND (AOA) High Intensity Intervals Dance Fit (in Group Ex Room) WERQ (in the gym) Chair Yoga Tai Chi for Arthritis Zumba Les Mills Body Combat Les Mills Body PUMP High Intensity Intervals Run Group (meet in Fayetteville Lobby) Chair Yoga BARRE Les Mills Body Combat Run Group (Meet in Fayetteville Lobby) Yoga NIA Chair Forever Fit BARRE	Jill H. Genoa W. Rachele W. Cindy P. Kellie E. Margarita S. Patty R./Paul F. Genoa W. Kelly K. Meredith A. Margarita S. Patty R./Cindy P. Jen H. Genoa W. Jackie N. Wendy J. Jen H. Margaux H. Kathleen C. Jackie N. Terri T.	Low-Mid-High Low-Mid Low-Mid Low-Mid-High Low-Mid-High Low Low-Mid Low-Mid-High Low-Mid-High Low-Mid-High Low-Mid-High Low-Mid-High (All Levels) Low Low-Mid Low-Mid-High (All Levels) Low-Mid
5:45am 7:30am 8:30am 9:30am 10:30am 10:30am 11:30am 11:30pm 4:30pm 5:30pm 6:30pm THURSDAY 5:45am 5:45am 7:30am 8:30am 9:30am 10:30am 11:30am 11:30am 11:30am	Hybrid	Les Mills Body PUMP Express Forever Fit POUND (AOA) High Intensity Intervals Dance Fit (in Group Ex Room) WERQ (in the gym) Chair Yoga Tai Chi for Arthritis Zumba Les Mills Body Combat Les Mills Body PUMP High Intensity Intervals Run Group (meet in Fayetteville Lobby) Chair Yoga BARRE Les Mills Body Combat Run Group (Meet in Fayetteville Lobby) Yoga NIA Chair Forever Fit	Jill H. Genoa W. Rachele W. Cindy P. Kellie E. Margarita S. Patty R./Paul F. Genoa W. Kelly K. Meredith A. Margarita S. Patty R./Cindy P. Jen H. Genoa W. Jackie N. Wendy J. Jen H. Margaux H. Kathleen C. Jackie N.	Low-Mid-High Low-Mid Low-Mid Low-Mid-High Low-Mid-High Mid-High Low Low-Mid-High Low-Mid-High Low-Mid-High Low-Mid-High Low-Mid-High Low-Mid-High (All Levels) Low Low-Mid Low-Mid-High (All Levels) Low-Mid Low-Mid-High (All Levels)

Jill H.

Mid-High

7:30pm

Hybrid

WERQ

Hybrid	Les Mills Body PUMP Express	Patty R.	Low-Mid-High
Hybrid	REFIT	Sally J.	Low-Mid-High
Hybrid	Forever Fit Plus	Cindy P.	Low-Mid
Hybrid	Les Mills Body PUMP	Rachele W.	Low-Mid-High
	Pilates NEW!!!	Patty R.	Low-Mid
	Boot Camp (In Gym-Sports Court)	Vesta G.	Low-Mid-High
Hybrid	Tai Chi	Genoa W.	Low-Mid
	Chair Yoga	Linda R-S	Low
	STEP - 45 minutes	Mary M.	Mid
	Zumba NEW!!!	Kelly K.	Low-Mid-High
1.00 1000 00000	L. MIL TONE	500 2002 Do 500	
Hybrid	Les Mills TONE	Meredith/Patty	Mid-High
2000 2000 2000			Mid-High Low-Mid
Hybrid	BARRE	Jackie N.	-
Hybrid Hybrid	BARRE High Intensity Intervals	Jackie N. Cindy P.	Low-Mid
Hybrid Hybrid Hybrid	BARRE High Intensity Intervals NIA	Jackie N. Cindy P. Alice P.	Low-Mid Low-Mid-High
Hybrid Hybrid Hybrid	BARRE High Intensity Intervals NIA	Jackie N. Cindy P. Alice P.	Low-Mid Low-Mid-High Low-Mid
Hybrid Hybrid Hybrid	BARRE High Intensity Intervals NIA Zumba Toning (In the gym—court 1))	Jackie N. Cindy P. Alice P.	Low-Mid Low-Mid-High Low-Mid Mid-High
Hybrid Hybrid Hybrid	BARRE High Intensity Intervals NIA Zumba Toning (In the gym—court 1)) Yoga	Jackie N. Cindy P. Alice P. Suzanne A. Margaux/Kelly S/Jessica K	Low-Mid Low-Mid-High Low-Mid Mid-High
1	Hybrid Hybrid Hybrid Hybrid	Hybrid REFIT Hybrid Forever Fit Plus Hybrid Les Mills Body PUMP Pilates NEW!!! Boot Camp (In Gym—Sports Court) Hybrid Tai Chi Chair Yoga STEP - 45 minutes Zumba NEW!!!	Hybrid REFIT Sally J. Hybrid Forever Fit Plus Cindy P. Hybrid Les Mills Body PUMP Rachele W. Pilates NEW!!! Patty R. Boot Camp (In Gym—Sports Court) Vesta G. Hybrid Tai Chi Genoa W. Chair Yoga Linda R-S STEP - 45 minutes Mary M. Zumba NEW!!! Kelly K.

All class participants must be at least 8 years old.

Hybrid— These classes are being livestreamed! You can log in and take class from where ever you are :)