

# City Park Fitness Center

**September-December 2024**



## General Fitness Classes\*

The classes listed below are included with a general admission fee, as well as All-Facility, City Park Fitness Center, and SilverSneakers® passes.

• = All levels •• = Intermediate/Advanced

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Studio Cycle • Gail 5:45–6:30 a.m.	Body Flex • Dawn 5:45–6:30 a.m.	Studio Cycle • Al 5:45–6:30 a.m. Fit & Focus • Monica 5:45–6:45 a.m.	Total Body Remix • Dawn 5:45–6:30 a.m.	Tabata •• Amanda 5:45–6:30 a.m. Studio Cycle • Lea 5:45–6:30 a.m.	Studio Cycle • Al 7:15–8:15 a.m.
Cardio Plus • Dawn 8–8:45 a.m. (begins 12/2) Boot Camp •• Melissa Indoor/Outdoor 8:45–9:45 a.m.	SilverSneakers® Circuit • Sandra 8–8:45 a.m. Cycle Fusion • Becky 8:45–9:45 a.m.	Body Flex • Al 8–8:45 a.m. Boot Camp •• Melissa Indoor/Outdoor 8:45–9:45 a.m.	SilverSneakers® Circuit • Mary Beth 8–8:45 a.m. Cycle Fusion • Amanda 8:45–9:45 a.m.	Cardio Plus • Sandra 8–8:45 a.m. Boot Camp •• Andrea Indoor/Outdoor 8:45–9:45 a.m.	Total Body Remix • Dawn 8–9 a.m.
Body Flex • Becky 9–10 a.m.	Tabata •• Mary Beth 9–10 a.m.	Total Body Remix • Kirsten 9–10 a.m.	Tabata •• Mary Beth 9–10 a.m.	Body Flex • Sandra 9–10 a.m.	Meditation • Irene 9–10 a.m. TRX® •• Matt 9:15–10:15 a.m.
Pedaling for Parkinson's • Raelynn 10:15–11:15 a.m. SilverSneakers® Classic • Kelly 10:15–11:15 a.m.	TRX® •• Matt 10:15–11:15 a.m.	Pedaling for Parkinson's • Kelly 10:15–11:15 a.m. SilverSneakers® Classic • Sandra 10:15–11:15 a.m. Tai Chi • Bud 10:30–11:30 a.m.	TRX® •• Matt 10:15–11:15 a.m.	Pedaling for Parkinson's • Kelly 10:15–11:15 a.m. SilverSneakers® Yoga • Irene 10:15–11:15 a.m.	
Lunch Time Blitz • Kirsten 11:45 a.m.–12:30 p.m.	Qi Gong • Sheryl 11:30 a.m.–12:30 p.m.	Lunch Time Blitz • Kelly 11:45 a.m.–12:30 p.m.	Qi Gong • Sheryl 11:30 a.m.–12:30 p.m.	SilverSneakers® Classic • Jennifer 11:30 a.m.–12:30 p.m.	
Tai Chi • Bud 12:45–1:45 p.m.	Body Flex • Sandra 11:45 a.m.–12:45 p.m.			Tai Chi • Bud 12:45–1:45 p.m.	
	SilverSneakers® Yoga • Trudi 2–3 p.m.		SilverSneakers® Yoga • Kathleen 2–3 p.m.		
TRX® •• Matt 4:30–5:30 p.m. Total Body Remix •• Dawn 5:30–6:30 p.m.	POUND • April 4:30–5:15 p.m. Studio Cycle • Lea 5:45–6:45 p.m.	TRX® •• Matt 4:30–5:30 p.m. Total Body Remix •• Heather 5:30–6:30 p.m.	Body Flex • Cathy 5:30–6:30 p.m. Studio Cycle • Colleen S 5:45–6:45 p.m.		SUNDAY
Butts and Guts • Cathy 7–7:45 p.m.		Butts and Guts • Cathy 7–7:45 p.m.			Tai Chi • Ed 11:45 a.m.–12:45 p.m.

\*Updated 10/21/24

\*All classes listed are subject to change or cancellation.

# City Park Fitness Center

September-December 2024



## Specialty Fitness Classes\*

The classes listed below are included with your All-Facility, CPFC and SilverSneakers® passes.

NON-PASSHOLDER OPTIONS:

- FlexFit 10-visit punch card: \$70
- Drop-in fee: \$10

• = All levels •• = Intermediate/Advanced

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Yogalates • Monica 6-7 a.m.			Pilates Chair • Monica 5:45-6:45 a.m.		
Mindful Flow Yoga • Adrien 9-10 a.m.					Power Yoga •• Robyn 9:15-10:15 a.m.
	Barre • Becky 10-11 a.m. Zumba® • Charity 10:15-11:15 a.m.		Mountain Strength Yoga • Tammy 10-11 a.m. Cardio Dance • Becky 10:15-11:15 a.m.		Zumba® • Traci 10:30-11:30 a.m.
Barre • Trudi 11:45 a.m.-12:45 p.m.	Mindful Flow Yoga • Mandy 11:15 a.m.-12:15 p.m.	Zumba Gold • Maria 11:30 a.m.-12:30 p.m.	Pilates Mat • Bree 11:15 a.m.-12:15 p.m. Zumba® Gold • Sandra 11:45 a.m.-12:45 p.m.	Barre • Becky 11:45 a.m.-12:45 p.m.	
Pilates Basic Chair • Trudi 1:15-2:15 p.m.		Gentle Yoga • Mandy 12:45-1:45 p.m. Pilates Basic Mat • Kelly 1:15-2:15 p.m.		Pilates Mat • Kelly 1:15-2:15 p.m.	<p style="text-align: center; font-weight: bold; font-size: 1.2em;">SUNDAY</p> <p>REB3L Groove • Solo 8:45-9:45 a.m.</p> <p>Barre • Kelly 9-10 a.m.</p> <p>Hatha Yoga • Kathleen/ Kirsten 10:30-11:30 a.m.</p> <p>Gentle Yoga • Mandy 4:30-5:30 p.m.</p>
	Pilates Chair • Trudi 3:15-4:15 p.m.				
Barre • Kelly 4:30-5:30 p.m.	Pilates Mat • Bree 4:30-5:30 p.m.	Pilates Chair • Debbie 4:30-5:30 p.m.	Pilates Mat • Debbie 4:30-5:30 p.m.	Barre • Charity 4:30-5:30 p.m.	
Kettlebell •• Matt 5:45-6:45 p.m.	Zumba • Theresa 5:45-6:45 p.m. Vinyasa Flow Yoga • Robyn 5:45-6:45 p.m.	Barre • Kelly 5:45-6:45 p.m. Kettlebell •• Matt 5:45-6:45 p.m.	Vinyasa Flow Yoga • Robyn 5:45-6:45 p.m.		
Zumba® • Traci 6:45-7:45 p.m.	Restorative Yoga • Robyn 7-8 p.m.	Zumba® • Kasey 6:45-7:45 p.m.	Restorative Yoga • Robyn 7-8 p.m.		
Hatha Yoga • Mandy 7-8 p.m.	Barre • Kelly 7-7:45 p.m.	Hatha Yoga • Adrien 7-8 p.m.	Barre • Cindy 7-7:45 p.m.		

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