

CLASS SCHEDULE

MONDAY

8:30AM - 9:15AM – Zumba - Teacher: Kourtney Berntsen

9:45AM- 10:45AM – Senior Variety Class - Teacher: Norma Devault

5:15PM – 6:30PM – Melt/Forrest Yoga - Teacher: Leta Miller

6:30PM – 7:30PM – Weight Training - Karen Matzen & Becky Schievelbein

TUESDAY

8:30AM – 9:15AM – Strong - Teacher: Kourtney Berntsen

5:30PM – 6:15PM - Strong - Teacher: Kourtney Berntsen

WEDNESDAY

8:30AM – 9:45AM – Melt/Forrest Yoga - Teacher: Leta Miller

4:00PM – 5:30PM – Karate - Teacher: Tim Ehrlich

THURSDAY

8:30AM – 9:15AM – Low Impact Cardio - Teacher: Kourtney Berntsen

9:45AM – 10:45AM – Senior Variety Class - Teacher: Norma Devault

5:30 PM- 6:15PM – Low Impact Cardio - Teacher: Kourtney Berntsen

FRIDAY

8:30AM – 9:15AM – Zumba - Teacher: Kourtney Berntsen

4:00PM – 5:30PM – Karate - Teacher: Tim Ehrlich

SATURDAY

7:30AM - 8:15AM – Strong - Teacher: Kourtney Berntsen

8:30AM - 9:15AM – Zumba - Teacher: Kourtney Berntsen

4:00PM – 5:30PM – Advanced Karate - Teacher: Tim Ehrlich

Please note that classes and times may change.

Classes are included with your membership unless otherwise noted.