


JL SORENSON REC CENTER

LAND GROUP FITNESS

Schedule Effective APRIL 4 2024. *Subject to change at anytime.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 AM	SPIN CHARITY	5:15 SPORTS CONDITIONING KIM	LIFT/TRX KARISA	5:15 SPORTS CONDITIONING KIM SPIN CHARITY		
6:00 AM	SURGE FIT MCELLE				CARDIO BARRE JENNI	
6:30 AM		CIRCUIT JENNI	CORE CHALLENGE KARISA			
7:00 AM	BARRE HEIDI	CIRCUIT JENNI	HIGH FITNESS JENNI	SURGE FIT HEATHER	MUSCLE MIX HEIDI	HIGH FITNESS HEATHER
8:00 AM						SPIN ANDREA SURGE STRENGTH HEATHER/JENNI
9:00 AM	HIGH FITNESS HEATHER TRX HEIDI SPIN SANDEE	LIFT KARISA SPIN ALLISON	BARRE HEIDI SPIN AND STRENGTH HEATHER	STEP KARISA/ALLISON SPIN HEIDI	SURGE STRENGTH KARISA TRX HEIDI SPIN SANDEE	9:05 RESTORATIVE YOGA BREEANN
10:05 AM	10:05 SURGE STRENGTH 10:35 YOGA KARISA 11:35AM SENIORS Michelle	BARRE ALLISON SENIORS(GYM) BREEANN	HIGH LOW/HIGH YO 30/30 HEATHER/JENNI SENIORS (GYM) HEIDI	VINYASA FLOW YOGA BREEANN SENIORS (GYM) JENNI	YOGA HEIDI	
6:00 PM	MONDAY NIGHT MADNESS	SPIN ANDREA	CARDIO BARRE TYANNE	ZUMBA JULIE		
7:00 PM		6:45 LIFT ANDREA	YOGA TYANNE			Classes are ADA ACCESSIBLE with modifications
7:30 PM						

AQUA GROUP FITNESS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 AM						
9:00 AM	COMBO CHALLENGE MICHELLE	AQUA BURN CHARITY	DEEP WATER H2O BOOTCAMP SANDEE	Hydro Tone MICHELLE	AQUA ZUMBA HEATHER	
10:00 AM	SENIORS MICHELLE	TBD CHARITY	TSUNAMI BOARDS SANDEE	DEEP WATER MICHELLE	SENIORS HEATHER	
8:00 PM		INTERVAL TONING CHARITY				