

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM	PiYo- Celina BKC	Power- Stacy BKC	PiYo- Celina BKC	Power- Stacy BKC		
6:30 AM	Yoga & Core-Celina BKC		Yoga & Core-Celina BKC			
7:30 AM	HYDRO-FIT WSC		HYDRO-FIT WSC		HYDRO-FIT WSC	
8:00 AM	Stabilty Balls- Rich BKC		Stabilty Balls- Rich BKC			
8:15 AM	Deep Water S	HYDRO-FIT S	Deep Water S	HYDRO-FIT S	HYDRO-FIT S	
8:30 AM	Active Ex- Cindy AAC Yoga 4 Health- Dave AAC Silver Fitness- Frank AAC Deep Water WSC		Active Ex- Cindy AAC Yoga 4 Health- Dave AAC Silver Fitness- Frank AAC Deep Water WSC		Active Ex- Cindy AAC Deep Water WSC	
9:00 AM	Strgth & Flex- Rich BKC Yoga Baby- Gia BKC Ex Feels Good WSC	Gentle Ex- Byron AAC Pilates Body- Julie BKC Weight Train- Rich BKC	Strgth & Flex- Rich BKC Yoga Baby- Gia BKC Ex Feels Good WSC	Gentle Ex- Byron AAC Pilates Body- Julie BKC Weight Train- Rich BKC		Cycle- Kara AAC Line Dance- Lila AAC Flow Yoga- Celina AAC
9:30 AM			Strong Bones- Cindy AAC		Strong Bones- Cindy AAC	
10:00 AM	Yoga 4 Health- Dave AAC Tai Chi Balance- Don BKC Aquatone WSC		Yoga 4 Health- Dave AAC Tai Chi Balance- Don BKC Aquatone WSC			Dance Fit- Linda AAC
10:30 AM	Deep Water WSC		Deep Water WSC		Deep Water WSC	
		Fun Fit- Anne AAC		Fun Fit- Anne AAC		
11:00 AM		Tai Chi- Don	Better Bones- Cindy BKC	Tai Chi- Don	Better Bones- Cindy BKC	Tai Chi- Linda AAC
11:30 AM		MELT- Anne AAC		MELT- Anne AAC		
1:00 PM		Silver Sneakers- Linda AAC Line Dance-Easy-Lynne AAC		Silver Sneakers- Linda AAC Line Dance:Easy- Lynne AAC	Line Dance:Easy-Lynne AAC	
1:30 PM		Strong Bones- Cindy BKC		Zumba Gold- Cindy AAC		
2:00 PM		Line Dance:Nxt-Lynne AAC				
2:30 PM				Tai Ji - Lin Lin AAC		
4:00 PM	Barre:Stretch- Laurel AAC		Barre:Stretch- Laurel AAC			
4:30 PM	P90x- Jessica BKC	Nia MoveIT-Janet BKC Core & Curves- Jessica M Gentle Yoga- Cevia AAC	P90x- Jessica BKC Core & Curves- Jessica M Gentle Yoga- Cevia AAC	Nia MoveIT- Janet BKC Core & Curves- Jessica M Gentle Yoga- Cevia AAC		
5:00 PM	Yoga@Rgview- Jess R Dance HIIT- Rachel Y		Yoga@Rgview- Jess R			
		HYDRO-FIT WSC		HYDRO-FIT WSC		
5:30 PM	Cycle- Stacy AAC Core Yoga- Glenda AAC Dance Fit- Jamie AAC Yoga Blend- Laurie BKC	Hatha Yoga- Cevia AAC Classic Pilates- Julie BKC	Cycle- Wendy AAC Core Yoga- Glenda AAC Yoga Blend- Laurie BKC	Hatha Yoga- Cevia AAC Ballroom Basics- Sam BKC		
6:00 PM	Belly Dance-Sarina BKC HYDRO-FIT WSC		HYDRO-FIT WSC		HYDRO-FIT WSC	
6:15 PM		Aquatone WSC		Aquatone WSC		
6:30 PM				POP Pilates- Wendy BKC Easy Ballroom- Sam		
7:00 PM		HYDRO-FIT S		HYDRO-FIT S	HYDRO-FIT S	
7:05 PM				Ai Chi WSC		
7:30 PM	Hip Hop- Chelsea BKC			Hip Hop Dance- Rachel BKC		
7:45 PM	Square Dance- Sam AAC		Ballroom - Sam AAC			

Location Key:
AAC= Adult Activity Center R= Ridgeview Elementary School
BKC= Bob Keefer Center Y= Yolanda Elementary School
S= Splash! at Lively Park M= Maple Elementary School
WSC= Willamalane Park Swim Center

This schedule starts 9/3-9/9
see willamalane.org/groupex
for class details and descriptions



Classes may be subject to
cancelation or change.
Classes are usually
50-55 minutes long