

Course Name	Days	Earliest Start Time	Latest End Time	Instructors	Rooms	notes
Bootcamp Circuits (Washburn at Justice Page)	Mondays	6:00 PM	7:00 PM	Janice Bartko	Lower Gym	
Zumba: Exercise to Latin Music (Washburn at Justice Page)	Mondays	7:15 PM	8:15 PM	Natalie Kallenbach	Lower Gym	
Martial Arts: Cardio and Strength Training (Washburn at Justice Page)	Mondays	6:00 PM	7:00 PM	Ryan Paddock	Upper Gym	
SPACE AVAILABLE	Mondays	7:15 PM	8:30 PM		Upper Gym	
Yoga: Postnatal Stress Release (Washburn at Justice Page)	Mondays	6:00 PM	7:00 PM	Mecha Goodwill	Dance Studio	
Yoga: Yin/ica (Washburn at Justice Page)	Mondays	7:15 PM	8:15 PM	seel instructor	Dance Studio	
Yoga: Intermediate Vinyasa NEW	Tuesdays	6:00 PM	7:00 PM	Lisa	Lower Gym	
Yoga Gentle Flow 1	Tuesdays	7:15 PM	8:30 PM	Lisa	Lower Gym	
Swing Dance 1 (Washburn at Justice Page)	Tuesdays	6:20 PM	7:20 PM	Lloyd Otte	Dance Studio	
Salsa Dance 1 (Washburn at Justice Page)	Tuesdays	7:30 PM	8:30 PM	Lloyd Otte	Dance Studio	
Pickleball (Washburn at Justice Page)	Tuesdays	6:30 PM	8:30 PM	Wayne Simacek	Upper Gym	
Bootcamp Circuits (Washburn at Justice Page)	Wednesdays	6:00 PM	7:00 PM	Janice Bartko	Lower Gym	
SPACE AVAILABLE	Wednesdays	7:15 PM	8:30 PM		Lower Gym	
Yoga: Zen Flow NEW	Wednesdays	7:15 PM	8:15 PM	Lisa	Dance Studio	
Pickleball 2 (Washburn at Justice Page)	Wednesdays	6:30 PM	8:30 PM	Wayne Simacek	Upper Gym	
Yoga: Vinyasa Flow NEW	Wednesdays	6:00 PM	7:00 PM	Stephanie Kimble	Dance Studio	