

Chesterfield Family Center Fitness Class Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:15-6:15 AM Bootcamp CrossTraining (G) Kyla		5:15-6:15 AM Bootcamp CrossTraining (G) Kyla		5:15-6:15 AM Bootcamp CrossTraining (G) Kyla	
	5:15-6:00 AM Group Cycling** (C) Kim	5:30-6:15 AM Group Cycling** (C) Miste	5:15-6:00 AM Group Cycling** (C) Kim	5:30-6:15 AM Group Cycling** (C) Miste	5:15-6:00 AM Group Cycling** (C) Kim	
	7:45-8:45 AM Low Impact Aerobics (A) Kelly	7:45-8:45 AM Low Impact Aerobics (A) Rhonda	7:45-8:45 AM Low Impact Aerobics (A) Nancy	7:45-8:45 AM Low Impact Aerobics (A) Jen	7:45-8:45 AM Low Impact Aerobics (A) Rhonda	8:00-9:00 AM Group Cycling** (C) Suzy
	9:00-10:00 AM Total Body Toning (A) Suzy	9:00-9:50 AM Dance/Aerobics Fusion (A) Kelly	9:00-10:00 AM Steppin' Up (A) April	8:00-9:00 AM Pilates- (Bring your own mat) (C) Pam	9:00-9:50 AM Hi/Low Option (A) April	9:00-9:50 AM Dance/Aerobics Fusion (A) Kelly
	9:00-10:00 AM Bootcamp CrossTraining (G) Libby	9:00-10:00 AM Bootcamp Strong (G) Val	9:00-10:00 AM Bootcamp CrossTraining (G) Libby	9:00-10:00 AM Bootcamp Strong (G) Val	9:00-10:00 AM Bootcamp CrossTraining (G) Libby	9:15-10:15 AM Group Cycling** (C) Suzy
	9:00-9:45 AM SilverSneakers Boom (C) Val	10:00-10:45 AM Sculpt Express (A) Kelly	9:00-9:45 AM SilverSneakers Boom Muscle (C) Val	9:00-9:50 AM Dance/Aerobics Fusion (A) Kelly	9:00-9:45 AM SilverSneakers Boom Move (C) Crystal G	10:00-10:45 AM Sculpt Express (A) Kelly
	10:15-11:15 AM Low Impact Aerobics (A) Suzy	10:10-11:00 AM Silver Sneakers Classic (G) Suzy	10:00-11:00 AM Vinyasa Flow Yoga (C) Crystal T.	10:00-10:45 AM Sculpt Express (A) Kelly	10:00-10:45 AM Stretch and Restore (A) April	
	10:10-11:00 AM Silver Sneakers CardioFit (G) Crystal	11:30-12:15 PM Group Cycling** (C) Sean	10:15-11:15 AM Low Impact Aerobics (A) Suzy	10:10-11:00 AM Silver Sneakers Classic (G) Suzy	10:10-11:00 AM Silver Sneakers CardioFit (G) Crystal G.	
	11:10-12:00 PM Silver Sneakers Classic (G) Val	11:30-12:30 PM Total Body Toning (A) Suzy	10:10-11:00 AM Silver Sneakers CardioFit (G) Crystal G.	11:30-12:30 PM Total Body Toning (A) Suzy	11:10-12:00 PM Silver Sneakers Classic (G) Val	
	11:30-12:30 PM Total Body Toning (A) Suzy	12:00-1:00 PM Bootcamp Strong (G) Crystal G.	11:10-12:00 PM Silver Sneakers Classic (G) Crystal G.	11:30-12:15 PM Group Cycling** (C) Sean		

**UPDATED:
5/1/2023**

12:00-1:00 PM Bootcamp Strong (G) Crystal G.	6:00-7:00 PM Group Cycling** (C) Suzy	11:30-12:30 PM Total Body Toning (A) Suzy	12:00-1:00 PM Bootcamp Strong (G) Crystal G.
6:00-6:50 PM Step Interval (A) Suzy	6:00-6:50 PM Dance Xplosion (A) April/Jen	12:00-1:00 PM Bootcamp Strong (G) Crystal G.	6:00-6:50 PM Cardio Interval (A) Jaycee

Key:
**** Denotes Extra Fee**
(A) = Aerobics Room
(C) = Community Room
(G) = Gymnasium

5:00-6:00 PM Suspension Pro (G) Pam
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