

2017 Boos Center Exercise Class Schedule January 9th through May 25th

Monday

8:30-9:30a – Strength and Stretch w/Michelle Woods
6:00-7:00p – Cardio Drumming w/Rachel Kegerreis
6:00-7:00p – Zumba w/Gayle Hyde

Tuesday

4:30-5:30p – Power Pump w/Michelle Woods
5:30-6:30p – Yoga w/Amy Reamer
5:45-6:45p – Fun-N-Fit Aerobics w/Kit Spoelstra

Wednesday

8:30-9:30a – Zumba w/Michelle Woods
6:00-7:00p – Zumba w/Gayle Hyde
6:45-7:45p – Yolates w/Amy Reamer

Thursday

9:00-10:00a – Chair Yoga w/Amy Reamer
10:15-11:15a – Pilates w/Amy Reamer
5:30-6:30p – Peaceful Yoga w/Laurie Lewis (RYT, 200)
5:45-6:45p – Fun-N-Fit Aerobics w/Kit Spoelstra

Friday

8:30-9:30a – Strength and Stretch w/Michelle Woods

Saturday

9:00-10:00a – Good Morning Energy w/Rhonda Ball
9:00-10:15a – Smart Yoga (Rotating Instructor)

The Boos Recreation Center is CLOSED on Sundays

All classes are \$4 each or \$32 for a Ten-Class Card