WOODSTOCK
RECREATION CENTER

LAND CLASS SCHEDULE

This schedule takes effect
June 1, 2016 – August 31, 2016

ALL CLASSES ARE HELD AT WOODSTOCK RECREATION CENTER AEROBICS FLOOR UNLESS OTHERWISE NOTED.

MON	TUES	WED	THUR	FRI	SAT	SUN
5:30-6:20 am **TURBO KICK®** *Cindy*	5:30-6:20 am **RIP BARBELL STRENGTH** *Jill*		5:30-6:20 am **RIP BARBELL STRENGTH** *Josie*			
7:45-8:45 am **ZUMBA ®** *Judy*	7:45-9:00 am **MULI-LEVEL YOGA** *Pam* Multi-Purpose Room	7:45-8:45 am **LINE DANCING** *Judy*	7:45-9:00 am **CORE CENTRIC** *Pam* Multi-Purpose Room	7:45-8:45 am **ZUMBA®** *Judy*	7:45-9:00 am ***MULTI-LEVEL YOGA** *Anna* YMMA	
8:30-9:15 am **HIGH INTENSITY FUSION** *Tim* Gym				8:30-9:15 am **HIGH INTENSITY FUSION** *Tim* Gym	8:00-9:00 am **CARDIO/STRENGTH INSTRUCTOR CHOICE** *Instructor Rotates*	
9:15-10:15 am **TURBO KICK ®** *Jill*	9:00-10:00 am **STEP UP AND POWER DOWN** *Anita/Molly*	9:15-10:20 am **EXPLOSIVE CIRCUIT** *Instructor Rotates*	9:15-10:20 am **BARBELL STRENGTH** *Molly*	9:15-10:15 am **STEP** *Josie*	9:15-10:15 am **INSTRUCTOR CHOICE** *Anita* *Molly*	9:00-9:30 am **BARBELL EXPRESS** *Molly*
10:30-11:20 am **LITE N' LIVELY** *Pam*	9:30-10:45 am **BASIC YOGA** *Pam* Multi-Purpose Room	10:30-11:30 am **ZUMBA GOLD®** *Pam*	10:30-11:20 am **LITE N' LIVELY** *Pam*	11:00-11:45 am **GENTLE EXERCISE** *Pam*	9:30-10:30 am ***TRX TOTAL BODY STRENGTH** *Instructor Rotates* YMMA	9:30-10:30 am **PILOXING** *Molly*
4:15-5:15 pm **PILATES FIT** *Anita*		4:15-5:15 pm **PIYO/ PILOXING®** *Molly*				
5:30-6:30 pm **STEP** *Molly*	5:30-6:30 pm ***TURBO KICK®** *Jill* YMMA	5:30-6:30 pm **BARBELL STRENGTH** *Tim*	5:30-6:30 pm **KICK, STRIKE & H.I.I.T.** *Jill* GYM			
	5:30-6:35 pm **STRENGTH & FLEXIBILITY** *Anna*					
6:45-7:45 pm **BARBELL STRENGTH** *Tammy*	6:45-7:45 pm **MIXXEDFIT®** *Emily*	6:45-7:45 pm **CIZE®** *Emily*	6:15-7:15 pm **PIYO/ PILATES** *Anita*			

*Classes held at Young Masters Martial Arts (YMMA) are located at 110 S. Johnson St. Woodstock (in the Woodstock Square Mall). Toy room hours are available during classes.

Individuals must be 14 Years & Older to participate in Group Fitness Classes.

FOR THE LATEST CLASS SCHEDULE, GO TO www.woodstockrecreationdepartment.com