

CHILSON RECREATION SENIOR CENTER

DROP-IN GROUP FITNESS CLASS SCHEDULE

MONDAY			
Group Cycling	C	5:45-6:45A	Marco
Interval Cardio	F	6:20-7:20A	Nancy
Pilates Plus	F	7:30-8:30A	Nancy
Zumba Gold®	SG	8:00-9:00A	Lisa
River Walking	LE	8:00-9:00A	Debra L.
SS Classic	H	8:30-9:30A	Bonnie
Group Cycling	C	9:00-9:45A	Katie/ Darcy
Flexible Strength	F	9:00-9:50A	Catherine
Aqua Fitness	LAP	9:15-10:15A	Debra L.
Power HIIT	F	10:15-11:15A	Sherri
Body Blast	H	11:00-11:45A	Debra
Yoga	F	12:00-1:00P	Debra
Better Balance	F	1:30-2:30P	Mary Ann
Athletic Barre	F	5:30-6:30P	Katie
Cycle	C	5:30-6:30	Eric

WEDNESDAY			
Group Cycling	C	5:45-6:45A	Jim
Aqua Zumba®	LAP	7:15-8:15A	Cindy
Step	F	7:30-8:25A	Anita
Aqua EzFlow	LE	8:20-9:20A	Joyce
Group Cycling	C	9:00-9:45A	Greg
Flexible Strength	F	9:15-10:00A	Candace
Aqua Fitness	LAP	9:15-10:15A	Jan S.
Meditation	P	10:00-11:00A	Larry
Power Toning	F	10:15-11:15A	Candace
SS Classic	H	10:30-11:30A	Debra
Yoga	F	12:00-1:00P	Debra
Joy thru Movement	F	1:30-2:30	Bonnie
Step & Strength	F	4:30-5:30P	Marcia L.
Zumba®	SG	4:45-5:45P	Bekah
Group Cycling	C	5:30-6:30P	Todd
Aqua HIIT	LAP	6:30-7:30P	Amy

FRIDAY			
Group Cycling	C	5:45-6:45A	Dan
Interval Cardio	F	6:20-7:20A	Nancy
Aqua Zumba®	LAP	7:15-8:15A	Judi
Pilates Plus	F	7:30-8:30A	Nancy
SS Classic	H	8:30-9:20A	Bonnie
Flexible Strength	F	9:00-9:50A	Catherine
Aqua Fitness	LAP	9:15-10:15A	Debra L.
SS Yoga	H	9:30-10:30A	Bonnie
Power Toning	F	10:15-11:15A	Sherri
Zumba®	F	2:30-3:30pm	Maz

SATURDAY			
Step	F	7:25-8:25A	Val / Cindy
Group Cycling	C	7:30-9:00A	Todd
Aqua HIIT	LAP	7:30-8:30A	Amy
Power Toning	F	8:30-9:30A	Katie
Zumba®	F	9:45-10:45A	Courtney
Hatha & Vinyasa Yoga	F	11:00A- 12:00P	Katie H.

TUESDAY			
Power Toning	F	5:45-6:35A	Autumn
Aqua Fitness	LAP	7:05-7:55A	Marcia
Aqua EzFlow	LE	8:20-9:20A	Joyce
BARRE Fusion	F	9:00-9:55A	Cindy
Aqua Fitness	LAP	9:15-10:15A	Judi
Cardio Power	H	9:15-10:15A	Janeen
Butts,Guts & More	F	10:00-10:45A	Andi
SS Yoga	H	10:30-11:30A	Mary Ann
SS Circuit	H	12:00-1:00P	Andi
Group Cycling	C	12:00-1:00P	Sherri
Stability & Core	F	1:30-2:30P	Mary Ann
Zumba®	F	4:30-5:30P	Courtney
Slow Flow Yoga	H	5:20-6:20P	Jordan

THURSDAY			
Power Toning	F	5:45-6:35A	Katie
River Walking	LE	8:00-9:00	Debra L.
Zumba Gold®	F	8:05-9:05A	Lisa
Aqua Fitness	LAP	9:15 - 10:15A	Marcia
20/20/20	F	9:15-10:15A	Andi
Cardio Power	H	9:15-10:15A	Janeen
Group Cycling	C	9:00-10:00A	Sherri
SS Classic	H	10:30-11:30A	Bonnie
SS Circuit	H	12:00-1:00P	Andi
Structure & Alignment Yoga	H	4:30-5:30P	Donna W.
Group Cycling	C	4:30-5:30P	Darcy
Sweat, Pump & Crunch	F	6:00-7:00P	DeeDee

SUNDAY			
Cycle	C	4:00-5:00	Darcy

C: Cycling Room **F:** Fitness Dance
H: Hickory **LAP:** Lap Pool
LE: Leisure Pool **P:** Party Room
SG: Small Gym **W:** Winona (summer only)

Want to come and just swim laps? Swim laps any day of the week! Guarantee your lane will be available by making an appointment (for lanes 1-3) at lovgov.org/webtrac or drop in for lanes 4-8.

Class Descriptions
LovGov.org/FitnessWellness



These classes are geared for participants age 62+; however, all ages are welcome to attend.

Current Activity Guide & Registration
 Classes: LovGov.org/ActivityGuide