

Group Fitness



#slvsportsandwellness

Schedule: November 19th - December 28th

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:00am	Circuit Xpress (DP)		Circuit Xpress (DP)		Circuit Xpress (DP)
8:00am	Water Aerobics* (MA)		Water Aerobics* (MA)		Water Aerobics* (MA)
9:15am			HIIT+Yoga (BJ)		
12:10pm		WOD Fit (DP)		WOD Fit (DP)	
5:00pm		H.I.I.T. with Britt (BJ)		H.I.I.T. with Britt (BJ)	
5:30pm	Zumba (RR) Boot Camp (KW)	Spin Class (KW) Water Aerobics* (MA)		Spin Class (KW) Water Aerobics* (MA)	
6:30pm			Boxing/Kickboxing (VR)		

Staff Hours

Monday-Thursday
7am-7pm
Friday
7am-5pm
Saturday
10am-2pm

Kid's Club Hours

Monday-Friday Mornings
9am-11am
Monday-Thursday Evenings
4pm-7pm

Class Teachers

BJ-Brittany Johnson
DP-Dez Peterson
KW-Kathy West
MA-Mary Abeyta
RR-Rose Ramirez
VR-Victor Ramirez

Follow us on Facebook for
Class Updates, Schedule Changes and More!



SLVSPORTSANDWELLNESS

**ALL CLASSES ARE
INCLUDED WITH
YOUR MEMBERSHIP!**

Non-Members: Ask about our punch cards!

*Must have Pool Membership for this class