

Class Schedule



EFFECTIVE: May 7, 2012

GYMNASIUM

	MON	TUES	WED	THUR	FRI	SAT	SUN
5:30 AM	LES MILLS BODYPUMP Terin	BOOT CAMP Kevin Pd Frmt	LES MILLS BODYPUMP Brandi	BOOT CAMP Kevin Pd Frmt			
9:00 AM	LES MILLS CXWORX Melitta		LES MILLS CXWORX Tammy			LES MILLS BODYPUMP Rotation	
9:30 AM	LES MILLS BODYCOMBAT Linda	LES MILLS BODYPUMP Melitta	LES MILLS BODYSTEP Lisa	LES MILLS BODYPUMP Tricia	LES MILLS BODYJAM Lisa		
10:00 AM						LES MILLS CXWORX Rotation	
10:30 AM	Silver Sneakers Melitta	LES MILLS SH'BAM Trishia	Silver Sneakers Lynda L.	LES MILLS BODYATTACK Linda/Jackie	LES MILLS BODYFLOW Christy	LES MILLS SH'BAM Rotation	
12:00 PM		LES MILLS BODYSTEP Becky	LES MILLS BODYCOMBAT Karl	STRENGTH FUSION Lisa	LES MILLS BODYPUMP Terin		LES MILLS BODYFLOW Lisa 12:30pm
5:00 PM	LES MILLS CXWORX Tammy	LES MILLS BODYPUMP Lisa		LES MILLS BODYPUMP Karl			
5:30 PM	LES MILLS BODYSTEP Tricia		LES MILLS BODYFLOW Tricia		LES MILLS BODYCOMBAT Linda		
6:00 PM		LES MILLS CXWORX Joe		LES MILLS CXWORX Scott/Angie			
6:30 PM	LES MILLS BODYPUMP Lisa/Karl	LES MILLS BODYCOMBAT Karl	LES MILLS BODYPUMP Heidi	LES MILLS BODYATTACK Linda			
7:30 PM	LES MILLS BODYJAM Trishia	LES MILLS BODYFLOW Lisa	LES MILLS SH'BAM Roslyn	LES MILLS BODYFLOW Tricia			
Family Gym	1:30-4PM & 8:30-10PM	1:30-4PM & 8:30-10PM	1:30-4PM & 8:30-10PM	1:30-4PM & 8:30-10PM	1:30-4PM & 8:30-10PM	Noon-6PM	1:30-4PM
7:00 PM		LES MILLS BODYFLOW Essentials *					
5:30 AM		LES MILLS RPM Tammy		LES MILLS RPM Brandi			
9:00 AM						LES MILLS RPM Rotation **	
12:00 PM	LES MILLS RPM Melitta						
5:30 PM	LES MILLS RPM Brandi		LES MILLS RPM Karl				
6:30 PM				LES MILLS RPM Lisa			
9:00 AM	Aquasize Tricia	Arthritis Plus Lisa	Aquasize Kathy		Arthritis Plus Terin	Aquasize Rotation	
6:00 PM	Aqua Cardio Kathy		Aqua Cardio Terin				
Family Swim	5:45-8:30	5:45-8:30	5:45-8:30	5:45-8:30	5:45-8:30	2:30-5:30PM	12:30-3:30PM

CYCLING STUDIO

POOL

* Short format class. ** Extended format.

All classes FREE to full use members.

Pay as you go classes for non-members just \$7 per class or \$14 for two or more classes in the same day.
2008 N Pittsburgh Street • Kennewick • 735-3221