



RICHARD E. WORKMAN
Sports & Wellness
Complex

June Group Fitness Schedule

June 1st - 30th

FREE for Members
\$3 for Non - members

Monday	Tuesday	Wednesday	Thursday	Friday
Total Body Sculpt 5:15 - 6:00 am / Mandy	Cycle Strength 2 5:15 - 6:15 am / Diane	HIIT Circuits 5:15 - 6:00 am / Mandy	Cycle Strength 2 5:15 - 6:15 am / Diane	Bands, Balls and Barbells 5:15 - 6:00 am / Mandy
Aqua Fit 8:00 - 9:00 am / Holly	Aqua Fit Combo 8:00 - 9:00 am / Betty	River Walk Challenge 8:00 - 9:00 am / Holly	Aqua Fit Combo 8:00 - 9:00 am / Betty	Total Body Sculpt 8:15 - 9:00 am / Mandy
Treadz Bootcamp T 8:15 - 9:00 am / Rachel	Aqua Tai Chi 9:00 - 10:00 am / Betty	Deep Water Fitness 9:00 - 10:00 am / Annette	Aqua Tai Chi 9:00 - 10:00 am / Betty	Aqua Fit Combo 8:00 - 9:00 am / Holly
Deep Water Fitness 9:00 - 10:00 am / Annette	Yoga/Pilates for Core 8:15 - 9:00 am / Erin	Sculpt NEW 8:15 - 9:00 am / Carrie	Yoga/Pilates for Core 8:15 - 9:00 am / Kaycie	
Circuits 9:15 - 10:00 am / Theresa	Chair Yoga SS 9:15 - 10 am / Erin	Senior Shuffle 9:15 - 10 am / Carrie	Chair Yoga SS 9:15 - 10 am / Kaycie	
Rock Steady Boxing for Parkinson's 10:45 - 11:45 am / Theresa	Bootcamp 12:15 - 12:45 pm / JD	Reps & Sets 12:15 - 12:45 pm / Mandy	Rock Steady Boxing for Parkinson's 10:45 - 11:45 am / Theresa	
Reps & Sets 12:15 - 12:45 pm / Mandy	Yoga Pilates 5:15 - 6:00 pm / Theresa	Step Aerobics 5:30 - 6:15 pm / Jodie	Yoga Pilates 5:15 - 6:00 pm / Theresa	
Treadz T NEW 5:15 - 6:00 pm JD	Treadz T 5:15 - 6:00 pm / JD		Treadz T 5:15 - 6:00 pm / JD	

Saturday
Saturday Surprise 8:15 - 9:00 am / Rotation
Gentle Yoga 9:15 - 10:15 am / Kaycie

Sunday
Step Aerobics 2:15 - 3:00 pm / Jodie NEW
Yoga Pilates 3:15 - 4:00 pm / Theresa

Aqua Class
2 Studio 2
T Treadmill
SS Senior Specific
NEW New Class
Please note: all classes are held in studio 1 unless stated otherwise. Classes are subject to change at any time

MONTHLY ANNOUCEMENTS

- *Registration is open for the Shooting Camp with Coach Reed. Girls camp is June 26th - 28th
 - *Volleyball Techniques Clinic, Tuesdays 530 - 730 and Sundays 4 - 6 pm, May 30th - June 25th
 - *June Membership Incentive: purchase a year in full and receive an additional 2 free months
 - *First Responder's: receive 20% off on your membership. See front desk for more details.
 - *Red Tide starts Monday May 29th. Practice is M - F 8-10 am in the lap pool.
 - *Make sure to grab a copy our newsletter for all things current
 - *Please check the front desk for any additional pool and court reservations.
 - ***Saturday Surprise:** 6/3 Mandy, 6/10 JD, 6/17 Carlos, 6/24 Jodie
- FACEBOOK: workman sports complex