**Monday**

5:30-6:30am PULSE Aimee Multi-Purpose Room

8:00-8:55am Step Aerobics Debbie Multi-Purpose Room

8:15-9:00am Silver Sneaker Classic Sierra Gymnasium

9:00-10:00am C.O.R.E. Fit Erich Multi-Purpose Room

9:15-10:00am Silver Sneaker Yoga Debbie Meeting Room B

9:15-10:00am Silver Sneaker Cardio Fit Sierra Gymnasium

9:30-10:30am Spin & Sculpt Erin Aerobics/Cycling Room

10:15-11:00am Silver Sneaker Classic Sierra Gymnasium

10:15-11:00am Low Impact Aerobics Debbie Multi-Purpose Room

6:30-7:30pm Yogalates Sharon Aerobics/Cycling Room

**Tuesday**

5:30-6:15am Y Cycling Aimee Aerobics/Cycling Room

7:00-7:30am High Fitness Corina Multi-Purpose Room

8:00-9:00am C.O.R.E. Fit Erich Multi-Purpose Room

8:00-8:45am Silver Sneakers Yoga Debbie Meeting Room B

9:00-9:45am Y Cycling Lena Aerobics/Cycling Room

9:15-10:00am Yoga Rachael Meeting Room B

9:05-10:00am Moderate Intensity Strength Debbie Multi-Purpose Room

10:30-11:30am Dance Fitness Mikala Multi-Purpose Room

1:15-2:15pm Delay the Disease Premier Multi-Purpose Room

5:30-6:15pm PULSE Jennifer Multi-Purpose Room

5:30-6:30pm Veraflow Lora Meeting Room B

6:30-7:30pm Marlins Swim Team Multi-Purpose Room

**Wednesday**

5:30-6:30am PULSE Aimee Multi-Purpose Room

8:00-8:55am Step Aerobics Debbie Multi-Purpose Room

8:00-8:45am Y Cycling Kathy Aerobics/Cycling Room

8:15-9:00am Silver Sneaker Classic Sierra Gymnasium

9:00-10:00am C.O.R.E. Fit Erich Multi-Purpose Room

9:15-10:00am Silver Sneaker Yoga Debbie Meeting Room B

9:15-10:00am Silver Sneaker Cardio Fit Sierra Gymnasium

9:30-10:30am Spin & Sculpt Erin Aerobic/Cycling Room

10:15-11:00am Silver Sneaker Classic Sierra Gymnasium

10:15-11:00am Low Impact Aerobics Debbie Multi-Purpose Room

5:30-6:15pm Zumba Lora Multi-Purpose Room

7:00-7:45pm Yoga Karen Multi-Purpose Room

**Thursday**

5:30-6:15am Y Cycling Aimee Aerobics/Cycling Room

7:00-7:30am High Fitness Corina Multi-Purpose Room

8:00-9:00am C.O.R.E. Fit Erich Multi-Purpose Room

8:00-8:45am Silver Sneakers Yoga Debbie Meeting Room B

9:00-9:45am Y Cycling Lena Aerobics/Cycling Room

**Thursday (Continued)**

9:15-10:00am Yoga Kelly Meeting Room B

9:05-10:00am Moderate Intensity Strength Debbie Multi-Purpose Room

10:30-11:30am Dance Fitness Mikala Multi-Purpose Room

1:15-2:15pm Delay the Disease Premier Multi-Purpose Room

5:30-6:15pm PULSE Cindy Multi-Purpose Room

5:30-6:30pm Veraflow Lora Meeting Room B

6:00-7:00pm Spin & Sculpt Traci Aerobics/Cycling Room

**Friday**

5:30-6:30am PULSE Aimee Multi-Purpose Room

8:00-8:55am Step Aerobics Debbie Multi-Purpose Room

8:00-8:45am Reserved Group (not a class) Jim Meeting Room B

8:00-8:45am Y Cycling Kathy Aerobics/Cycling Room

8:15-9:00am Silver Sneaker Classic Sierra Gymnasium

9:00-10:00am C.O.R.E. Fit Suzy Multi-Purpose Room

9:15-10:00am Silver Sneaker Yoga Debbie Meeting Room B

9:15-10:00am Silver Sneaker Cardio Fit Sierra Gymnasium

10:15-11:00am Silver Sneaker Classic Sierra Gymnasium

10:15-11:00am Low Impact Aerobics Debbie Multi-Purpose Room

**Saturday**

7:30-8:30am Strictly Strength Aimee Multi-Purpose Room

9:30-10:30am Zumba Angela Multi-Purpose Room

## Youth Programs - Robinson BRanch- Spring Session 2023

**Monday**

6:00-7:30pm Sports Sampler Jane Basketball Gym

**Tuesday**

10:30-11:15am Wild Adventure Gym Jane Basketball Gym

6:00-6:45pm Play Your Way Gym Jane Basketball Gym

**Thursday**

10:00-11:45am Tumble Tots Destinee Basketball Gym

1:00-3:00pm Home School Gym Gage Basketball Gym

6:00-7:30pm Gymnastics (Rollers) Jenna Gymnasium