**Monday**

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

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

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 Classic Sierra Gymnasium

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

10:15-11:00am Silver Sneaker Cardio Fit Sierra Gymnasium

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

11:15-12:00am Silver Sneaker Classic Sierra Gymnasium

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

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

**Tuesday**

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

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

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

10:45-11:45am Dance Fitness Mikala Multi-Purpose Room

12:45-1:45pm Delay the Disease Premier Multi-Purpose Room

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

6:30-7:15pm Swim Team Practice N/A 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

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 Classic Sierra Gymnasium

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

10:15-11:00am Silver Sneaker Cardio Fit Sierra Gymnasium

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

11:15-12:00am Silver Sneaker Classic Sierra Gymnasium

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

**Thursday**

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

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

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

10:45-11:45am Dance Fitness Mikala Multi-Purpose Roomss

12:45-1:45pm Delay the Disease Premier Multi-Purpose Room

5:30-6:15pm PULSE Cindy Multi-Purpose 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 Y Cycling Kathy Aerobics/Cycling Room

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 Classic Sierra Gymnasium

10:15-11:00am Silver Sneaker Cardio Fit Sierra Gymnasium

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

11:15-12:00am Silver Sneaker Classic Sierra Gymnasium

**Saturday**

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

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

9:30-10:15am Rhythm Ride Traci Aerobics/Cycling Room

##

## Youth Programs - Robinson BRanch- Spring Session 2024

**Monday**

6:00-6:45pm Preschool Sports Sampler Jane Basketball Gym

6:45-7:30pm Sports Sampler Jane Basketball Gym

**Tuesday**

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

5:00-5:45pm Rollers Jenna Basketball Gym

6:00-6:45pm Preschool Gymnastics Jenna Basketball Gym

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

**Thursday**

10:00-10:45am Preschool Gymnastics Destiny Basketball Gym

10:50-11:35am Preschool Gymnastics Destiny Basketball Gym

1:00-3:00pm Homeschool Gym Noah Basketball Gym 1:00-3:00pm Homeschool Gym Noah Fieldhouse