



**RECREATION
CENTER**

FITNESS WINTER SCHEDULE - updated 1/24/17
Winter 2017 *Classes are for 14+ unless otherwise noted*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
	PROGRAM STUDIO	PROGRAM STUDIO	BULLDOG COURT	PROGRAM STUDIO	BULLDOG COURT	PROGRAM STUDIO	PROGRAM STUDIO	
5:00AM	RIP Amy T							
6:00AM	RIP Allison	POWER YOGA Marin	ZUMBA Alisa	PILATES Heather		ZUMBA SENTAO Alisa		
8:00AM	PILATES Heather	R.I.P.P.E.D. Tawny G		MODIFIED YOGA Delene	R.I.P.P.E.D. Tawny G		BARRE Alicia	PIYO Brynne
9:00AM	POWER YOGA Heather	HIGH FIT Sheree		GENTLE VINYASA Melanie	HIGH FIT Loriee		HIGH FIT Loriee	BARRE Alicia
10:00AM	ZUMBA GOLD Colleen	PILATES Heather		ZUMBA GOLD Colleen	PILATES Stacy		ZUMBA GOLD Jamee	YOGA Cindy
11:00AM	YOGA KIDS (ages 4-14) Kate/Cindy	SILVER SNEAKERS Alice		YOGA KIDS (ages 4-14) Cindy/Maria	SILVER SNEAKERS Alice		SILVER SNEAKERS YOGA Alice	ZUMBA KIDS JR (ages 4-7) Tui/Alisa
12:00PM	BARRE Alicia			BARRE Alicia				
4:00PM		Zumba Kids Jr (ages 4-7) Jodi/Amanda	Zumba Kids (ages 8-14) Alisa/Kathy		Zumba Kids Jr (ages 4-7) Jodi/Amanda	Zumba Kids (ages 8-14) Alisa/Kathy		
5:00PM	HIGH FIT Desree	BARRE Lindsay		HIGH FIT Desree	BARRE Lindsay			
6:00PM	U-JAM Kim	P90X Felisha		U-JAM Ashely	MODIFIED YOGA Maria			
7:00PM		METABOLIC RESISTANCE TRAINING Bill			ZUMBA TONING/ SENTAO Alisa			
8:00PM	8:30PM POWER YOGA Cindy	ZUMBA Triana		8:30PM YOGA Marin	ZUMBA Triana			

Check out our latest schedule changes with the APP!
 APP: PROVO RECREATION CENTER
 ONLINE: mindbodyonline.com

*No regularly schedules fitness classes will be held on the following days: January 16,
 February 20



FITNESS WINTER SCHEDULE - UPSTAIRS

Classes are for 14+ unless otherwise noted

	MONDAY			TUESDAY		WEDNESDAY			THURSDAY		FRIDAY		SATURDAY	
	FITNESS STUDIO	SPIN STUDIO	SYNERGY 360	FITNESS STUDIO	SPIN STUDIO	FITNESS STUDIO	SPIN STUDIO	SYNERGY 360	FITNESS STUDIO	SPIN STUDIO	FITNESS STUDIO	SPIN STUDIO	FITNESS STUDIO	SPIN STUDIO
5:00AM				RIP Amy					RIP Amy					
6:00AM	STRONG BY ZUMBA Alisa	CYCLE ZONE Amy	BOOT FIT Lauren	RIP Allison	CYCLE Andrea	RIP Amy W	CYCLE Brittany	BOOT FIT Lauren	RIP Allison	CYCLE Andrea	RIP Kara	CYCLE Amy W	5:50AM RIP Allison	
7:00AM													ZUMBA TONING Alisa	CYCLE Adrienne
8:00AM	RIP Julie			MODIFIED YOGA Melissa		RIP Julie			MODIFIED YOGA Melissa		RIP Julie		RIP Lauren	
9:00AM	ZUMBA Michelle	CYCLE Marin		RIP Brittany	CYCLE Lauren	ZUMBA Michelle	CYCLE Natalie		KICK IT Stacy	CYCLE Brittany	U-JAM Nicole	CYCLE Josse	ZUMBA STEP Lindsay	
10:00AM	PUMP Natalie			ZUMBA Shelly		PUMP Drew			RIP Kara		YOGA Delene		INSANITY Heather	
11:00AM	ADAPTIVE YOGA Krista					ADAPTIVE YOGA Kyra					ZUMBA Triana			
5:00PM	MODIFIED YOGA Shawn			RIP Drew		MODIFIED YOGA Shawn			RIP Drew					
6:00PM	INSANITY Felisha	CYCLE Amy D		MODIFIED YOGA Cindy	CYCLE Drew	P90X Felisha	CYCLE Caitlin		U-JAM Ashley	CYCLE Drew				
7:00PM	ZUMBA Betzabe		METABOLIC RESISTANCE TRAINING Bill	KICK IT Kristy	CYCLE Lacey	ZUMBA Betzabe		METABOLIC RESISTANCE TRAINING Bill	METABOLIC RESISTANCE TRAINING Bill	CYCLE Maddy				
8:00PM	ZUMBA Colleen			RIP Drew		ZUMBA Colleen			INSANITY Felisha					
9:00PM				PIYO Maria		ZUMBA STEP Lindsay			PIYO Felisha					