

Center Fitness Class Schedule

The Center of Clayton offers a variety of classes from land fitness, water fitness, and everything in between! Below is our full schedule of class offerings. Class descriptions can be found on pages 13 & 14. Visit www.centerofclayton.com for details/reservations. **No classes 12/24, 12/25, 12/31, 1/1 1/15, & 2/19. Ages 14+**

Sessions begin: Dec. 1, Jan. 1, & Feb. 1

Member/Resident Registration begins: 18th of the preceding month
Open registration begins: 25th of the preceding month

FITNESS CLASS SCHEDULE

  - FREE w/ membership

   - Cost w/ registration

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 a.m.		Indoor Cycling (Margaret)		Indoor Cycling (Leslie)			
8:30 a.m.	Cardio Pump (Reann)	Golden Groove (Joy)	Cardio Pump (Gina)	Golden Groove (Joy)	Cardio Pump (Gina)	Zumba (Erika)	
	Indoor Cycling (Leslie)	TRX (Michelle)	Indoor Cycling (Michelle)	TRX (Michelle)			
9:00 a.m.	Shallow & Deep (Jeanne)	Aqua Zumba (Kaila)	Water Aerobics (Jill)	Water Aerobics (Peggy)	Water Tabata (Fran)	Yoga Open Levels (Anya)	Indoor Cycling (Paul)
9:30 a.m.	Essentrics (Peggy)	Zumba (Debbie)	Pump (Gina)		Pump (Gina)	Cardio Pump (Reann)	
	Pump (Reann)				Zumba (Debbie)		
10:30 a.m.	Senior Water Exercise (Joan)	Water Works! (Carol)	Senior Water Exercise (Jill)	Water Works! (Carol)	Senior Water Exercise (Joan)		
	Barre Class (Jenny)	Yoga Basics (Anya)	Chair Yoga (Jenny)	Yoga Basics (Anya)			
11:40 a.m.					Barre Class (Jenny)		
12:30 p.m.					Vinyasa Yoga (Jenny)		
5:00 p.m.			TRX Bootcamp (Susan)				
5:30 p.m.	Kettlebell Yoga Fusion (Liam)	TBC (Maria)	Synrgy XL 360 (Liam)				
		Indoor Cycling (Leslie)	Yoga Open Levels (Maria)				
5:45 p.m.				TBC (Laura)			
6:00 p.m.	River Workout (Kaila)			Indoor Cycling (Paul)			 NEW CLASSES!
6:30 p.m.	Zumba (Priscilla)	Gentle Yoga (Liam)					

MUST REGISTER MONTHLY

See class descriptions on pages 13 & 14.