

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 16 & 17. Visit www.centerofclayton.com for details/reservations. No classes 9/2, 11/28, & 11/29.

Ages 14+

Sessions begin: Sept. 1, Oct. 1, & Nov. 1

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

- FREE w/ membership
 - Cost w/ registration

FITNESS CLASS SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 a.m.		Indoor Cycling (Margaret)		Indoor Cycling (Leslie)	Kettlebell Training (Liam)		
8:30 a.m.	Cardio Pump (Reann)	Golden Groove (Joy)	Cardio Pump (Gina)	Golden Groove (Joy)	Cardio Pump (Susan)	Zumba (Erika)	Yoga in the Park (Liam)
	Golden Grove (Jenny)	TRX (Michelle)	Indoor Cycling (Michelle)	TRX (Michelle)			
	Indoor Cycling (Leslie)	Aqua Zumba (Kaila)	Water Aerobics (Jeanne)	Water Aerobics (Peggy)	Water Tabata (Fran)	Yoga Open Levels (Anya)	
9:00 a.m.	Shallow & Deep (Jeanne)	Zumba (Debbie)	Pump (Gina)	Hip Hop Fitness (Jenny)	Chair Yoga (Jenny)	Cardio Pump (Reann)	
	Essentrics (Peggy)						
	Pump (Reann)						
9:30 a.m.	Hip Hop Fitness (Jenny)		Chair Yoga (Jenny)				
	Senior Water Exercise (Joan)	Water Works! (Carol)	Senior Water Exercise (Jill)	Water Works! (Carol)	Senior Water Exercise (Joan)		
	Qi Gong (Muhammad)	Yoga Basics (Anya)	Qi Gong (Muhammad)	Yoga Basics (Anya)	Barre Class (Jenny)		
10:30 a.m.	Barre Class (Jenny)	Gentle Yoga (Liam)		Chair Yoga (Jenny)			
11:30 a.m.	Gentle Yoga (Jessica)				Restorative Yoga (Jenny)		
5:30 p.m.	Kettlebell Yoga Fusion (Liam)	TBC (Maria)	TRX Bootcamp (Reann)				
			Yoga Open Levels (Maria)				
5:45 p.m.				TBC (Laura)			
6:00 p.m.	River Workout (Kaila)						
6:30 p.m.	Zumba (Priscilla)	Gentle Yoga (Liam)	Zumba (Leslie)				

MUST REGISTER MONTHLY



To view full class descriptions and to register for class, scan the QR code.

★ New Class