

# OTG Fall CLASS SCHEDULE

## **Monday**

8:15 am	Yoga (beginners)	Amy
9:00 am	Aquatic Class	Betty
9:30 am	Body Blast	Heather
5:00 pm	Pilates	Gary
5:30 pm	Aquatic Class	Rick
5:45 pm	Stability Ball	Gary
6:30 pm	Upper Circuit	Rick
6:30 pm	Kickboxing +	Peggy
7:30 pm	Zumba	Jenn

## **Tuesday**

9:30 am	Zumba	Ann
10:30 am	Zumba (Gold)	Ann
5:00 pm	Kickboxing	Jenn
6:00 pm	Body Pump	Rick
7:00 pm	Youth TKD	Jessica
8:00 pm	Adult TKD	Jessica

## **Wednesdays**

9:00 am	Aquatic Class	Betty
9:30 am	Body Blast	Heather
5:30 pm	Aquatic Class	Rick
5:15 pm	Boot Camp	Renee
6:00 pm	Butts and Guts	Renee
6:00 pm	Youth Swim Lessons (sign up required)	
6:30 pm	Zumba	Jenn
6:30 pm	Lower Circuit	Rick
7:15 pm	13 & Up Swim Lessons (sign up required)	

## **Thursday**

8:30 am	Zumba	Ann
9:30 am	Body Sculpt	Crystal
5:30 pm	Step	Traci
7:00 pm	Youth TKD	Jessica
8:00 pm	Adult TKD	Jessica

## **Friday**

9:00 am	Aquatic Stretch	Darla
9:30 am	Body Blast	Heather
6:00 pm	Body Pump	Rick

## **Saturday**

8:30 am	Step & Pump	Peggy
9:30 am	Pilates	Peggy
11:30 am	Kung Fu	Connell
3:30 pm	Zumba	Jenn

## **Sunday**

2:30 pm	Yoga (intermediate)	Amy
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\*Age Limit is 14 years of age