

# Group Fitness Classes

Starting Jan. 7, 2019

## GRUBER FITNESS CENTER - 200 Reynolds Ave. - 684-5120 Mon-Fri: 0500-2200, Sat and Sun: 0800-1800

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
0530	TRX (Diane)	Cycle (Stephanie)	Cycle (Stephanie)		TRX (Diane)	
0600		Yoga (Jenna)	ACFT Prep	Yoga (Jenna)		
			Zumba Strong (Felishia)	Cycle (Stephanie)		
0900	Yoga (Randee)	Pilates (Ivey)	Yoga (Randee)	Pilates (Ivey)	Yoga (Randee)	
1015		Zumba Step (Felishia)	Zumba (Carol)	Zumba Toning (Felishia)	Zumba (Carol)	
1200	Zumba Strong (Felishia)	Mid Day Burn (Fidelis)		Mid Day Burn (Fidelis)		
1630			Yoga (Randee)			
1700	Cycling (Karyn)		Cycling (Karyn)			
1830		Zumba (Carol)		Zumba Strong (Felishia)		

## HARNEY SPORTS COMPLEX - 185 Fourth St. - 684-2190 Mon-Fri: 0500-2100, Sat and Sun: 0800-1700

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
0830	Water Aerobics (Julie)		Water Aerobics (Julie)		Water Aerobics (Julie)	
0815	Power Pump (Karyn)		Power Pump (Karyn)		Power Pump (Karyn)	
1130		HIIT Class (Karyn)		HIIT Class (Karyn)		
1600		Aqua Fitness (Fidelis)		Aqua Fitness (Fidelis)		
1630	Boot Camp (Kim)		Boot Camp (Kim)		<b>FREE for Active Duty Military</b>  Single Ticket For \$3.50 10 Tickets For \$30 30 Day Unlimited For \$40	
1715		Power Cut (Kim)		Power Cut (Kim)		



<https://leavenworth.armymwr.com/us/leavenworth>