

Group Fitness Classes

Starting Oct. 15, 2018

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)	Cycling (Diane)		TRX (Diane)	
0615			Zumba Strong (Felishia)	(0600)Cycle (Stephanie)		
0900	Yoga (Randee)	Pilates (Ivey)	Yoga (Randee)	Pilates (Ivey)	Yoga (Randee)	
1015	Zumba (Carol)	Zumba Step (Felishia)	Zumba (Felishia)	Zumba Toning (Felishia)		
1130						
1200	Zumba Strong (Felishia)	Mid Day Burn (Fidelis)		Mid Day Burn (Fidelis)		
1630			Yoga (Randee)			
1700	Cycling (Karyn)	(1715)Zumba (Carol)	Cycling (Karyn)	Cycle (Stephanie)		

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)		FREE for Active Duty Military Single Ticket For \$3.50 10 Tickets For \$30 30 Day Unlimited For \$40	
1700		Power Cut (Kim)		Power Cut (Kim)		



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