



**Goodman**  
Community Center

## Adult Fitness Schedule

MON	TUES	WED	THURS	FRI	SAT	SUN
<b>All Levels Yoga</b> 5:00-6:00pm Hicks Room // Ali	<b>TRX Suspension</b> 5:00-5:45pm Grace Room // Mike	<b>Body Boot Camp</b> 5:30-6:15pm Gym // Mike	<b>TRX Suspension</b> 5:00-5:45pm Grace Room // Mike	<b>TRX/Boxing</b> 6:00-6:45am Grace Room // Mike		<b>All Levels Yoga</b> 9:00-10:00am Hicks Room // Kelsey
<b>Barbell Strength</b> 5:30-6:15pm Grace Room // Heidi	<b>All Levels Yoga</b> 6:00-7:00pm Hicks Room // Lisa	<b>All Levels Yoga</b> 6:00-7:00pm Hicks Room // Alisa	<b>Mindfulness Meditation</b> 6:00-7:00pm Rashke Room // Laiman			
	<b>Zumba</b> 5:55-6:55pm Grace Room // Heather					

## Older Adult (50+) Fitness Schedule

MON	TUES	WED	THURS	FRI	SAT	SUN
	<b>Gentle Exercise</b> 11:00am-12:00pm Virtual // Rachel	<b>Easy Yoga Plus</b> 10:00-11:00am Virtual // Ellen	<b>Zumba</b> 1:00-1:45pm Hicks Room // Heather	<b>Easy Yoga Plus</b> 10:00-11:00am Virtual // Ellen		
	<b>Mindfulness Meditation</b> 11:00am-12:00pm Grace Room // Laiman			<b>Tai Chi</b> 1:00-2:00pm Gym // Rachel		
				<b>Line Dancing</b> 2:00-3:30pm Grace Room // Pam		

**FITNESS CENTER HOURS**  
**Mon - Thurs** 5:00am - 9:00pm  
**Fri** 5:00am - 8:00pm  
**Sat - Sun** 8:00am - 6:00pm

Activities highlighted in yellow are not included in our Fitness Center memberships and may require a drop-in class fee.