



Goodman
Community Center

Adult Fitness Schedule

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

Older Adult (50+) Fitness Schedule

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

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.