



Group Fitness Schedule



Magna Recreation Center

| 385.468.1835

| DAY | TIME | CLASS | TRAINER |
|------------------|---------------|---------------|---------|
| <u>Monday</u> | 9-10 am | Spin | Claudia |
| | 10-11 am | Senior Cardio | Gean |
| | 6-6:50 pm | Zumba | Stacey |
| | 7-8 pm | Yoga | Lindsey |
| <u>Tuesday</u> | 8:30-9:30 am | Powerfitt | Deborah |
| | 9:30-10:20 am | Yoga | Deborah |
| | 7-8 pm | Yoga | Lindsey |
| <u>Wednesday</u> | 10 am-11 am | Senior Cardio | Gean |
| <u>Thursday</u> | 8:30-9:30 am | Powerfitt | Deborah |
| | 9:30-10:20 am | Yoga | Deborah |
| <u>Friday</u> | 9-10 am | Boot Camp | Kris |
| <u>Saturday</u> | 9-10 am | LA Blast | Kayla |

All classes included with daily, monthly, or annual pass

All equipment is provided.



Prgm Mgr: Ricardo Aguayo



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For inclusion opportunities: 385.468.1520 or InclusionRec@slco.org