



# Group Exercise Schedule

Effective Nov. 1, 2024 until new schedule published

Schedule subject to change at any time.

Go to the Derry Township Parks and Recreation website for the most current schedule.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 - 6:30 am Full Body Strength Amy		5:45 - 6:30 am Tabata & Core Amy		5:45 - 6:30 am Full Body Strength Amy		
			8:00 - 8:45 am Chisel Kim		7:45 - 8:30 am Barre Pat & Kim	
8:00 - 8:45 am Barre Pat	8:00 - 8:45 am Level 1 Cycling Bo	8:00 - 8:45 am Barre Pat	8:00 - 8:45 am Cycling Bob		8:30 - 9:15 am Cycling Rotation	
9:00 - 9:45 am SilverSneakers® Circuit Kathy	9:00 - 9:45 am Level 1 Cycling Pat	9:00 - 9:45 am SilverSneakers® Circuit Kathy	9:00 - 9:45 am Level 1 Cycling Kathy		9:30 - 10:15 am Core & More Yoga Christy	
	9:00 - 9:45 am Pound Melissa	9:00 - 9:45 am Strength & Tone Ashley E.	9:00 - 9:45 am Yoga Carly	9:00 - 9:45 am Strength & Tone Ashley E.	9:30 - 10:15 am Zumba® Molly	9:15 - 10:00 am Cycling Stephany
10:00 - 10:45 am Zumba® Molly	10:00 - 11:00 am Yoga Flow Hanna	10:00 - 10:45 am Bootcamp Kim		10:00 - 10:45 am Level 1 Strength Kim		10:00 - 10:45 am Yoga Alyssa
	10:15 - 11:00 am Zumba Gold® Judy	10:00 - 10:45 am Agility & Balance Kathy				
	11:15 am - 12:15 pm Mindful Movement Hanna		11:00 - 11:45 am Resiliency & Mobility Deb			
			5:00 - 5:45 pm LaBlast® Janice			
5:45 - 6:30 pm Cycle Sculpt Christy			5:30 - 6:30 pm Cycle Sculpt Sirae			
6:45 - 7:30 pm Pound Melissa	6:15 - 7:00 pm Vinyasa Yoga Noel / Elizabeth	6:00 - 6:45 pm Cardio & Core Christy	6:15 - 7:00 pm Vinyasa Yoga Noel / Elizabeth			

Level 1 classes are great for beginners, seniors, or anyone looking for a lower-intensity, but still effective class.

We suggest bringing a water bottle and small towel to each class.

Yoga: Please bring your own mat for sanitary/safety reasons. We have a limited # of mats available for use.

Color indicates class location:

- Group Exercise 1 Studio
- Group Exercise 2 / Spin Studio
- Large Group Fitness Studio

