### Monday
- **10:00 - 10:50 AM**
  - SILVER SNEAKERS®
  - Strength / Cardio
  - Rissie
- **3:00 - 3:50 PM**
  - HIIT
  - Strength / Cardio
  - Whitney
- **5:00 - 5:50 PM**
  - ZUMBA®
  - Cardio
  - Maranda

### Tuesday
- **10:00 - 10:50 AM**
  - SILVER SNEAKERS®
  - Strength / Cardio
  - Rissie
- **3:00 - 3:50 PM**
  - HIIT
  - Strength / Cardio
  - Whitney
- **5:00 - 5:50 PM**
  - ZUMBA®
  - Cardio
  - Maranda

### Wednesday
- **10:00 - 10:50 AM**
  - SILVER SNEAKERS®
  - Strength / Cardio
  - Rissie
- **3:00 - 3:50 PM**
  - HIIT
  - Strength / Cardio
  - Whitney
- **5:00 - 5:50 PM**
  - ZUMBA®
  - Cardio
  - Maranda

### Thursday
- **10:00 - 10:50 AM**
  - SILVER SNEAKERS®
  - Strength / Cardio
  - Rissie
- **3:00 - 3:50 PM**
  - HIIT
  - Strength / Cardio
  - Whitney
- **5:00 - 5:50 PM**
  - ZUMBA®
  - Cardio
  - Maranda

### Friday
- **10:00 - 10:50 AM**
  - SILVER SNEAKERS®
  - Strength / Cardio
  - Rissie
- **3:00 - 3:50 PM**
  - HIIT
  - Strength / Cardio
  - Whitney
- **5:00 - 5:50 PM**
  - ZUMBA®
  - Cardio
  - Maranda

### Room 228
- **8:00 - 8:50 AM**
  - CYCLING
  - Cardio
  - Whitney
- **12:00 - 12:50 PM**
  - KETTLEBELL
  - Strength / Cardio
  - Nick
- **2:00 - 2:50 PM**
  - TAI CHI
  - Mind-Body / Martial Art
  - Kazumi
- **5:00 - 5:50 PM**
  - TAI CHI
  - Mind-Body / Martial Art
  - Kazumi
- **6:00 - 6:50 PM**
  - YOGA
  - Mind-Body
  - Kayla

### Room 225
- **8:00 - 8:50 AM**
  - CYCLING
  - Cardio
  - Whitney
- **12:00 - 12:50 PM**
  - KETTLEBELL
  - Strength / Cardio
  - Nick
- **2:00 - 2:50 PM**
  - TAI CHI
  - Mind-Body / Martial Art
  - Kazumi
- **5:00 - 5:50 PM**
  - TAI CHI
  - Mind-Body / Martial Art
  - Kazumi
- **6:00 - 6:50 PM**
  - YOGA
  - Mind-Body
  - Kayla

### Fitness Room
- **10:00 - 10:50 AM**
  - WEIGHT LIFTING
  - Strength
  - Daniel

### KHS Pool
- **5:15 - 6:15 PM**
  - WATER AEROBICS
  - Cardio
  - Donna

### Legend
- Class
- Style
- Instructor

**SUMMER Kinesiology Pool Hours**
- Mon. & Wed: 12:00pm - 1:00pm
- Tues. & Thurs: 6:30am - 7:30am
- Mon. - Thurs: 3:30pm - 8:00pm
- Saturday: 1:00pm - 5:00pm
- Sunday: 4:00pm - 7:00pm

Yoga will not be held between August 6th - 14th.
CYCLING – This class is a great non-impact, cardio workout! Work through flat roads, climbing hills, and intervals to get your heart pumping.
(50 min)

HIIT – High Intensity Interval Training circuits brings your fitness to a whole new level. Push your body to its peak performance while using dumbbells, body weight, exercise balls, and more!
(50 min)

KETTLEBELL – Unlock your potential with this total body workout! Build strength, muscular endurance, and cardiovascular benefits by using kettlebells and other functional equipment. Learn the technique and proper form of swings, sumo squats and much more.
(50 min)

SILVER SNEAKERS – A class of muscular strength, endurance, and range of movement. It is a multi-level, equipment based class that takes participants through a variety of exercises using dumbbell weights, elastic tubing with handles, and a ball.
(50 min)

TAI CHI – Use Ancient Martial art moving meditations to improve coordination, body awareness, balance and strengthen your legs while increasing circulation all at the same time.
(50 min)

WATER AEROBICS – This workout builds strength and cardiovascular endurance while putting minimal stress on your joints in a pool setting. All swimming levels are welcome!
(50 min)

WEIGHT LIFTING - Get your workout of the day (WOD) with this introductory weight lifting class in the weight room. Learn the fundamentals of different exercises and add more weight and/or repetitions to make a more challenging workout.
(50 min)

YOGA – This mind/body class strengthens, tones and stretches the body while being able to relax and summon mindfulness. All experience levels welcomed!
(50 min)

ZUMBA – A fusion of Latin and International music / dance themese that create a dynamic and exciting, yet easy to follow, class! It combines high energy and motivating music with unique moves and combinations making for a "feel-happy" workout that is great for both the body and the mind!
(50 min)