

Bob L. Burger Recreation Center

Drop In Fitness Schedule - April 2021

Classes in Gym unless otherwise indicated

	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
5:45a		Lonza				8:15a		Lonza
7:00a	Cycle & Core Jaala	Lonza		Jaala	Cycle & Core Lonza	10:15a	Cardio Step Jennifer	
8:15a	Jaala				Jaala	11:30a	SilverSneakers® Yoga - Jennifer	
8:30a			Cycle & Core Jill			12:45p	SilverSneakers® Classic - Jennifer	
9:00a		Young at Heart Aerobic Flow - Amy		Young at Heart Aerobic Flow - Amy		<div style="display: flex; flex-direction: column; gap: 10px;"> <div> = Fitness Studio</div> <div> = VIRTUAL</div> <div> = HYBRID Class</div> <div> = Located in Rothman room</div> </div> <ul style="list-style-type: none"> 60 minute classes, unless otherwise noted. Must be 15 years or older to attend class without a parent. With the exception of BodyPump, 12-15 year olds may attend class with a parent. Use your annual pass, punch card or pay the daily visit fee. 		
9:00a		Vinyasa Flow Samantha-Hybrid		Vinyasa Flow Samantha-Hybrid				
9:30a					SilverSneakers® Classic - Jennifer			
10:00a	SilverSneakers® Stability - Heide		SilverSneakers® Yoga - Jennifer					
10:15a		Express - Jaala						
10:45a				Jaala @ 11am	SilverSneakers® Classic - Jennifer			
11:15a	SilverSneakers® Classic - Heide	Jaala	SilverSneakers® Yoga - Jennifer					
12:00p			Tori		Tori			
4:30p	Relaxing Yoga Ryan							
4:45p				Vinyasa Flow Will				
5:00p			Tonia					
5:45p	Tori							
6:00p			Vinyasa Yoga Giselle @ 6:15p	Yin Yoga Will				
7:00p	Tonia							

Scan a QR Code to sign up!



In-Person



Virtual

