

Group Fitness Calendar

Effective June 1, 2012

Salem Community Center

Days of Week CAC Hours		NORTH GYM	INSTRUCTION STUDIO			SPIN® ROOM		POOL	
Monday <u>9 - 11 AM</u> <u>5 - 8 PM</u>	AM	SilverSneakers® Cardio Circuit 9-9:45 AM Cathy	Cyclone 10:15-11 AM Janet			All-Terrain 6-7 AM RuthAnn	Cyclone 9:30-10:15 AM Janet	Water Aerobics 10-11 AM Cathy	SilverSplash® 11-11:45 AM Cathy
	PM		Bosu Challenge 5-6 PM Eleanor			Power Hour 5-6 PM Alisha			
Tuesday <u>9 - 11 AM</u> <u>4 - 7 PM</u>	AM	SilverSneakers® Range of Motion 10-10:45 AM Jeri	Pilates 9:30-10:15 AM Ginny					Water Aerobics 10-11 AM Kitty	
	PM		Sculpt 5-6 PM Shawn			All Terrain 4-5 PM Shawn			
Wednesday <u>9 - 11 AM</u> <u>4 - 7 PM</u>	AM	SilverSneakers® Cardio Circuit 9-9:45 AM Linda	Cyclone 9:45-10:30 AM Eleanor	SilverSneaker® Yoga 10-10:45 AM Kathleen (Community Room)	Yoga 11AM-12 PM Kathleen	All-Terrain 6-7 AM RuthAnn	Cyclone 9-9:45 AM Eleanor	Water Aerobics 10-11 AM Linda	SilverSplash® 11-11:45 AM Linda
	PM		Sculpt 5-6 PM Ginny			Power Hour 6-7 PM Alisha			
Thursday <u>9 - 11 AM</u> <u>5 - 8 PM</u>	AM	SilverSneakers® Range of Motion 10-10:45 AM Linda	Strength Cardio Circuit 9-9:45 AM Jess					Water Aerobics 10-11 AM Kitty	
	PM		Sculpt 5-6 PM Jen	Kick Boxing 6-6:45 PM Laurie					
Friday <u>9 - 11 AM</u>	AM	SilverSneakers® Cardio Circuit 9-9:45 AM Cathy	Cyclone 10:15-11 AM Jess			All-Terrain 6-7 AM RuthAnn	Cyclone 9:30-10:15 AM Jess	Water Aerobics 10-11 AM Kitty	
Saturday <u>9 AM - 12 PM</u>	AM	Yoga 9-10:15 AM Kathleen (Community Room)	Pilates 9-9:45 AM Rotate	Sculpt 10-11 AM Rotate		Interval Training 8-9 AM Rotate			
Sunday									
Color indicates what classes are offered during child care (CAC) hours. Please see our Children's Activity Center Brochure for complete details.		Tuesday Yoga*, 6-7 PM Call Helen Reider for details Phone: (330) 533-2959 *Not an SCC program.			Swim Lessons will be weekdays, June 11-21 and July 9-19 11:45 AM-3:30 PM				

All classes are on a first-come first-serve policy. Single class rates: Members \$6/ Non-Members \$7. Discounted Class Pass is available. Classes are subject to change. Child Care rates start at \$2.50 per hour. Please see our Children's Activity Center Brochure for complete details.