

SPRING 2017 DAILY SCHEDULE FITNESS PLANNER - Updated 4/14/17

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
MORNING Cardio Pump Catherine Earley 8:00 - 8:50 AM ECC 301 Zumba Triple Fusion Kay McGraw 9:00 - 10:00 AM ECC 331 Senior Water Aerobics Kay Zuccaro 9:00 - 10:00 AM EP Pool Pilates** Joan Mielke Nimerfroh 9:15 - 10:15 AM ECC 318 Yoga for Life: Hatha Wendy Anderson 9:30 - 11:00 AM ECC 301 Senior Sit Fit Lynn Wallin 10:00 - 11:00 AM ESC Piloxing Lisa Spychala 10:30 - 11:30 AM ECC 313 Boot Camp Xpress Melisa Choudhry 11:35 - 12:05 PM ECC 330 AFTERNOON/EVENING Body Shape 55+ Catherine Earley 12:00 - 1:00 PM ECC 301 Barre Sculpt Vanessa Dembo 5:30 - 6:30 PM ECC 318 Zumba Katherine McGraw 6:00 - 7:00 PM ECC 301 Kettlebells** Kevin Heck 6:00 - 7:00 PM ECC Caf. Viniyoga - Level One Laurie Lopesio 7:15 - 8:30 PM ECC 301 Aqua Boot Camp Kay Zuccaro 7:15 - 8:15 PM VV Pool	MORNING Adult Open Swim Kay Zuccaro 6:00 - 7:00 AM SV Pool Senior Water Aerobics Kay Zuccaro 9:00 - 10:00 AM EP Pool Zumba Gold Katherine McGraw 9:00 - 10:00 AM ECC 301 P90X Live Melisa Choudhry 9:15 - 10:00 AM ECC 330 Pilates Barre** Joan Mielke Nimerfroh 9:15 - 10:15 AM ECC 318 Arthritis Aquatic Program Kay Zuccaro 10:00 - 11:00 AM EP Pool Yoga for Life: Gentle Wendy Anderson 10:15 - 11:30 AM ESC AFTERNOON/EVENING Beg. Gentle Kripalu Yoga Sharon Sebring 12:30 - 1:30 PM ECC 301 Aerobic Fun Fitness Christine Bue 5:30 - 6:30 PM ECC 318 Core Strength Anne Hussian 5:30 - 6:30 PM ECC 330 Yoga for Life - Hatha Yoga Wendy Anderson 5:45 - 7:15 PM ECC 301 Stretch, Flex and Move Christy Zilka 6:35 - 7:35 PM ECC 330 Yoga for Life: Int. Hatha** Wendy Anderson 7:25 - 8:55 PM ECC 301	MORNING Low Impact Fitness Katherine McGraw 8:10 - 8:55 AM ECC 301 Lean Out Jean Waddington 9:00 - 10:00 AM ECC 301 Tai Chi Gong Jean Waddington 10:00 - 11:00 AM ECC 318 Piloxing Lisa Spychala 10:30 - 11:30 AM ECC 313 Boot Camp Xpress Melisa Choudhry 11:35 - 12:05 PM ECC 330 AFTERNOON/EVENING Body Shape 55+ Catherine Earley 12:00 - 1:00 PM ECC 301 XaBeat Dance Cardio Jessica Schmidt 6:00 - 7:00 PM ECC 318 Women's Running Camp Kathryn Benhardus 6:00 - 7:30 PM ECC 317 Water Aerobics Kay Zuccaro 7:15 - 8:15 PM VV Pool Oodles of Noodles Kay Zuccaro 8:15 - 8:45 PM VV Pool	MORNING Adult Open Swim Kay Zuccaro 6:00 - 7:00 AM SV Pool Cardio Pump Catherine Earley 8:00 - 8:50 AM ECC 301 Decades of Dance Katherine McGraw 9:00 - 10:00 AM ECC 330 Gentle Kripalu Yoga Summer Hills-Bonczyk 9:00 - 10:00 AM ECC 301 Pilates Core Strength** Joan Mielke Nimerfroh 9:00 - 10:10 AM ECC 318 Senior Water Aerobics Kay Zuccaro 9:00 - 10:00 AM EP Pool Yoga for Life: Chair Wendy Anderson 9:00 - 9:45 AM ESC Yoga for Life: Gentle Wendy Anderson 9:00 - 10:15 AM ESC P90X Live** Melisa Choudhry 9:15 - 10:00 AM ECC 331 Water Stretch and Tone Kay Zuccaro 10:00 - 11:00 AM EP Pool Senior Sit Fit Lynn Wallin 10:30 - 11:30 AM ESC Yoga for Life: Hatha** Wendy Anderson 10:30 - 12:00 PM ECC 301 AFTERNOON/EVENING Tai Chi (Beg/Int) Yang Ye 12:15 - 1:15 PM ECC 301 Aerobic Fun Fitness Christine Bue 5:30 - 6:30 PM ECC 301 Kettlebells** Kevin Heck 6:00 - 7:00 PM ECC Caf. Stretch, Flex and Move Christy Zilka 6:35 - 7:35 PM ECC 330	MORNING Aerobic Fun Fitness Christine Bue 8:00 - 9:00 AM ECC 301 Zumba Katherine McGraw 9:00 - 10:00 AM ECC 301 Yoga for Life: Chair Wendy Anderson 9:15 - 10:00 AM ESC Yoga for Life: Gentle Wendy Anderson 9:15 - 10:30 AM ESC Barre Strength Catherine Earley 9:30 - 10:30 AM ECC 318 Vinyasa Yoga Rachel Kamin 9:30 - 10:30 AM ECC 313 Gentle Vinyasa Yoga Rachel Kamin 10:45 - 11:45 AM ECC 313 Boot Camp Xpress Melisa Choudhry 11:35 - 12:05 PM ECC 330 AFTERNOON/EVENING Body Shape 55+ Catherine Earley 12:00 - 1:00 PM ECC 301 XaBeat Happy Hour Jessica Schmidt 4:00 - 5:00 PM ECC 301	MORNING Boot Camp Basics Melisa Choudhry 8:15 - 9:00 AM ECC 330 Men/Women Low Imp Katherine McGraw 9:00 - 9:55 AM ECC 318 Water Aerobics Kay Zuccaro 9:00 - 10:00 AM VV Pool Yoga for Life: Hatha Wendy Anderson 9:00 - 10:30 AM ECC 301 Zumba Katherine McGraw 10:00 - 11:00 AM ECC 330
LOCATION KEY ECC Edina Community Center 5701 Normandale Road CL Centrum Buiding Centennial Lakes 7499 France Ave. S VV Valley View Middle School 6750 Valley View Road SV South View Middle School 4725 South View Lane ESC Edina Senior Center 5280 Grandview Square #101 EP Edinborough Park 7700 York Ave S					