

GALLATIN CIVIC CENTER FITNESS & AEROBIC CLASS SCHEDULES

MONDAYS

LOCATION

A.M. CLASSES

6:00 A.M. – 7:00 A.M.	CARDIO SCULPT	AEROBIC ROOM
7:15 A.M. – 8:30 A.M.	MORNING YOGA	AEROBIC ROOM
7:30 A.M. – 8:30 A.M.	AQUA FITNESS W/ JOY	INDOOR POOL
9:00 A.M. – 10:00 A.M.	SILVERSNEAKERS® SPLASH	INDOOR POOL
9:00 A.M. – 10:00 A.M.	TAI CHI (ADVANCED)	AEROBIC ROOM
10:30 A.M. – 11:30 A.M.	REFIT	AEROBIC ROOM
10:30 A.M. – 11:30 A.M.	WATER EXERCISE W/ WANDELL	INDOOR POOL

P.M. CLASSES

4:15 P.M. – 5:15 P.M.	BASIC YOGA	AEROBIC ROOM
5:00 P.M. – 6:00 P.M.	WATER AEROBICS W/ SANDI	INDOOR POOL
5:45 P.M. – 6:45 P.M.	SHINE DANCE FITNESS	AEROBIC ROOM

TUESDAYS

A.M. CLASSES

6:00 A.M. – 7:00 A.M.	CARDIO SCULPT	AEROBIC ROOM
7:15 A.M. – 8:30 A.M.	MORNING YOGA	AEROBIC ROOM
7:30 A.M. – 8:30 A.M.	AQUA FITNESS W/ LYNN	INDOOR POOL
8:45 A.M. – 9:30 A.M.	PILATES	AEROBIC ROOM
9:00 A.M. – 10:00 A.M.	SR. WATERCISE W/ RITA	INDOOR POOL
9:45 A.M. – 10:45 A.M.	TONING-N-TIGHTENING	AEROBIC ROOM
11:00 A.M. – 12:00 P.M.	SILVERSNEAKERS® CLASSIC	AEROBIC ROOM

P.M. CLASSES

5:00 P.M. – 5:45 P.M.	PILATES	AEROBIC ROOM
5:45 P.M. – 6:45 P.M.	BODY SCULPTING	AEROBIC ROOM

WEDNESDAYS

A.M. CLASSES

6:00 A.M. – 7:00 A.M.	CARDIO SCULPT	AEROBIC ROOM
7:15 A.M. – 8:30 A.M.	MORNING YOGA	AEROBIC ROOM
7:30 A.M. – 8:30 A.M.	AQUA FITNESS W/ JOY	INDOOR POOL
9:00 A.M. – 10:00 A.M.	SILVERSNEAKERS® SPLASH	INDOOR POOL
9:00 A.M. – 10:00 A.M.	TAI CHI (ADVANCED)	AEROBIC ROOM
10:15 A.M. – 11:30 A.M.	SILVERSNEAKERS® YOGA	AEROBIC ROOM
10:30 A.M. – 11:30 A.M.	WATER EXERCISE W/ WANDELL	INDOOR POOL

P.M. CLASSES

4:15 P.M. – 5:15 P.M.	BASIC YOGA	AEROBIC ROOM
5:00 P.M. – 6:00 P.M.	WATER AEROBICS W/ SANDI	INDOOR POOL
5:30 P.M. – 6:15 P.M.	HIIT	AEROBIC ROOM

THURSDAYS

A.M. CLASSES

6:00 A.M. – 7:00 A.M.	CARDIO SCULPT	AEROBIC ROOM
7:15 A.M. – 8:30 A.M.	MORNING YOGA	AEROBIC ROOM
7:30 A.M. – 8:30 A.M.	AQUA FITNESS W/ LYNN	INDOOR POOL
8:45 A.M. – 9:30 A.M.	PILATES	AEROBIC ROOM
9:00 A.M. – 10:00 A.M.	SR. WATERCISE W/ RITA	INDOOR POOL
9:45 A.M. – 10:45 A.M.	TONING-N-TIGHTENING	AEROBIC ROOM
11:00 A.M. – 12:00 P.M.	SILVERSNEAKERS® CLASSIC	AEROBIC ROOM

P.M. CLASSES

5:00 P.M. – 5:45 P.M.	PILATES	AEROBIC ROOM
5:45 P.M. – 6:45 P.M.	BODY SCULPTING	AEROBIC ROOM

FRIDAYS

6:00 A.M. – 7:00 A.M.	CARDIO/SPIN	AEROBIC ROOM
7:30 A.M. – 8:30 A.M.	AQUA FITNESS W/ JOY	INDOOR POOL
8:00 A.M. – 8:45 A.M.	PILATES	AEROBIC ROOM
9:00 A.M. – 10:00 A.M.	SILVERSNEAKERS® SPLASH	INDOOR POOL
9:00 A.M. – 10:00 A.M.	TAI CHI (BEGINNERS)	AEROBIC ROOM
10:30 A.M. – 11:30 A.M.	WATER EXERCISE W/ WANDELL	INDOOR POOL
10:30 A.M. – 12:00 P.M.	RESTORATIVE YOGA	AEROBIC ROOM

PLEASE SIGN IN AND PAY FEES AT THE FRONT DESK. CLASSES ARE FREE TO FULL MEMBERS, \$4.00 FOR NON-FULL MEMBERS. UPDATED 9/29/23