

2017 Free Adult GYM 60 Classes

Day	Time	Class Type	Location	Instructor
Monday	5:00-5:45 AM	HIIT	Twin Spruce Weight Room <i>Enter door East alley</i>	Michelle Reynolds
	4:15-4:50 PM	Tabata	Westwood HS	Irene Daly
Tuesday	4:30-5:15 PM	HIIT	Pronghorn Gym	Cora Didier
Wednesday	5:00-5:45 AM	HIIT	Twin Spruce Weight Room <i>Enter door East alley</i>	Michelle Reynolds
	4:15-4:50 PM	Tabata	Westwood HS	Irene Daly
Thursday	5:15-6:00 AM	Cycling	Westwood HS	Irene Daly
	4:30-5:30 PM	ZUMBA	Lakeview Elementary	Sherri Allen
Friday	5:00-5:45 AM	HIIT	Twin Spruce Weight Room <i>Enter door East alley</i>	Michelle Reynolds

Like us on Facebook, "GYM 60-Get Yourself Moving" for all class cancellations and changes!

Aquatic Center Weight Room is open M-F, 6am-7pm for weight training and cardio use

North Campus Weight Room is open M, W, F from 6-7:15am

HIIT: high intensity interval training, utilizing strength training and cardio for optimal results

Tabata: high intensity interval training, without the high impact. Benefits include increase aerobic and anaerobic system, muscle strength and toning.

Cycling: high intensity, low impact workout on stationary bikes. Great for the cardiovascular system, weight loss and toning.

Zumba: fitness dance class. Great for cardiovascular system. Class is located in the commons.