

2018 Free Adult GYM 60 Classes

Day	Time	Class Type	Location	Instructor
Monday	5:00-5:45 AM	HIIT	TBHS	Michelle Heitmann
Tuesday	5:15-6:00 AM	HIIT	Westwood	Irene Daly
	4:30-5:15 PM	HIIT	Pronghorn Gym	Cora Didier
	4:30-5:15 PM	HIIT/Tabata	Rozet Elementary	Charlene Huckins
	5:00-6:00 PM	Cycling**	Westwood HS	Joy Hessler
Wednesday	5:00-5:45 AM	HIIT	TBHS	Michelle Heitmann
	4:15-5:00 PM	HIIT	Westwood	Irene Daly
Thursday	5:15-6:00 AM	Cycling/Tabata	Westwood HS	Irene Daly
	4:30-5:30 PM	Zumba	Lakeview	Sherri Allen
	4:30-5:15 PM	HIIT/Tabata	Rozet Elementary	Charlene Huckins
	5:00-6:00 PM	Cycling**	Westwood HS	Joy Hessler
Friday	5:00-5:45 AM	HIIT	TBHS	Michelle Heitmann
Saturday	9:00-10:00 AM	Cycling	Westwood HS	Joy Hessler

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