

2019 Fall Adult GYM 60 Classes

Day	Time	Class Type	Location	Instructor
Monday	5:00-5:45 AM	HIIT	TBHS	Michelle Heitmann
	4:30-5:30 PM	Limited Mobility Circuit	Westwood HS	Kelly Ross
Tuesday	5:15-6:00 AM	Spinning/Tabata	Westwood HS	Irene Daly
	4:30-5:30 PM	PHA Circuit	Twin Spruce	Kelly Ross
	4:30-5:15 PM	HIIT	Pronghorn Gym	Cora Didier
	4:30-5:30 PM	Zumba	Lakeview	Sherri Allen
	4:30-5:30 PM	Spinning	Westwood HS	Joy Hessler
Wednesday	5:00-5:45 AM	HIIT	TBHS	Michelle Heitmann
	4:30-5:30 PM	Limited Mobility Circuit	Westwood HS	Kelly Ross
Thursday	5:15-6:00 AM	Spinning & Weights	Westwood HS	Irene Daly
	4:30-5:30 PM	PHA Circuit	Twin Spruce	Kelly Ross
	4:30-5:30 PM	Spinning	Westwood HS	Joy Hessler
Friday	5:00-5:45 AM	HIIT	TBHS	Michelle Heitmann

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

HIIT: High Intensity Interval Training – good for any skill level, and modifiable

Limited Mobility Circuit – Circuit training for individuals with limitations: knees, backs, hips, etc

Spinning – indoor cycling with focus on strength, endurance, intervals and recovery

Spinning/Tabata/Weights – Cycling with bouts of tabata (4 minute circuits) or weight lifting sets with cycling

PHA Circuit – Peripheral Heart Action training (circuit training alternating between upper/lower body, minimal rest)

Zumba: fitness dance class, great for cardiovascular system.