

Spring 2017 Fitness Classes held at PMRC

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:15 - 7:15 am Boot Camp John Clifford	6:15 - 7:15 am Pilates Lisa Parrish	6:15 - 7:15 am Boot Camp John Clifford	6:15 - 7:15 am Express Cycling & Abs Lisa Parrish	6:15 - 7:15 am Boot Camp John Clifford	9 - 10 am Weekend Ride Cycling Lisa O'Leary / Mandy Music / Pat Chance
6:15 - 7:15 am Express Cycling & Abs Lisa Parrish	7:15 - 8:15 am Boot Camp John Clifford	7:45 - 8:45 am Aerobics Mary Slidell	7:15 - 8:15 am Boot Camp John Clifford	8:15 - 9:15 am Core and More (Pilates) Lisa Parrish	9 - 10:15 am Yin Yang Yoga Linda Barrett
7:45 - 8:45 am Aerobics Mary Slidell	8:45 - 10 am Yoga for the Older Adult Kate Sanford	9 - 10 am Turn Back the Clock Kate Sanford	9 - 10 am Cardio Chisel Kelly Scalia	8:30 - 9:30 am Barre Leigh Macey	10:30 - 11:30 am Cardio Dance Mix Leandra Parkinson
9 - 10 am Turn Back the Clock Leigh Macey	10:10 - 11:10 am Cardio Chisel Kelly Scalia	10:15 - 11:15 am Barbell Strength Leigh Macey	10 - 11:15 am Gentle Yoga Aimee Seal	9 - 10 am Gentle Cycling Laurie Barlow	10:30 - 11:45 am Total Body/Work Your Core Linda Barrett
10:15 - 11:15 am Barbell Strength Leigh Macey	5 - 6 pm SWEAT Laura Drossner	10:15 - 11:15 am Deep Stretch Yoga Aimee Seal	5 - 6 pm SWEAT Laura Drossner	9:30 - 10:30 am Vinyasa Yoga 1 & 2 Aimee Seal	10:30 - 11:30 am Walking with Purpose Suzanne Stringer
12:30 - 1:30 pm Lunch Time Yoga Aimee Seal	5:30 - 7 pm Total Body/Work Your Core Linda Barrett	5:30 - 6:30 pm Cycling Lisa O'Leary	6:30 - 7:30 pm Cycling Lisa O'Leary	12:30 - 1:30 pm Gentle Yoga Barbara Devitt	Sunday 10 - 11:15 am Vin/Yin Yoga Barbara Devitt
5:30 - 6:30 pm Cycling Laura Drossner	6:30 - 7:30 pm Cycling Mandy Music	5:30 - 6:30 pm Yogilates Aimee Seal	6:45 - 7:45 pm Zumba® LiAundra Calhoun	5 - 6 pm Zumba® Toning Linda Roberts	2 - 3 pm (2nd Sundays only) Gospel Line Dancing Deborah Meeks
5:30 - 6:30 pm Hatha Slow Flow Yoga Bonnie Urban	7 - 8 pm Yin Yang Yoga Linda Barrett	6:30 - 7:30 pm Cardio Dance Mix Leandra Parkinson	Classes are subject to change. For the most current schedule go to www.annapolis.gov/recreation		
6:30 - 7:30 pm Zumba® Leslie Davis	Yellow boxes indicate classes for Age 55+			Kidz Zone Babysitting: Mon & Wed 9am-8pm & Tue/Thu/Fri 9am-2pm, Sat 10am-4pm, Sun closed. \$3 per child per hour and each additio	



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Healthy Living Starts Here.

Classes are for age 16+ unless otherwise noted.