



**Center for  
Fitness &  
Performance**

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00-8:50	Step Aerobics (Brittany)	Cardio Blast (Zach)	Tone Time (Carrie)	Cardio Blast (Zach)	Step Aerobics (Brittany)
9:00-9:50	Butts & Guts (Zach)	Pilates Strength (Carrie)	Pilates (Carrie)	Power Pilates (Carrie)	Power Circuit (Carrie)
10:00-10:50	Yoga (Brittany)		Mobility (Zach)		Strength & Length (Carrie)
11:00-11:50	Senior Circuit (Isaac)	Silver Sneakers (Isaac)	Senior Circuit (Isaac)	Silver Sneakers (Isaac)	Senior Circuit (Isaac/Maci)
12:10-12:50	Cardio Circuit (Issac)	Tabata (Carrie)	Cardio Circuit (Isaac)	Tabata (Carrie)	Cardio Circuit (Isaac/Maci)
12:10-12:50	Spin (Zach)	Spin (Craig)	Spin (Zach)	Spin (Craig)	
5:15 - 6:00	Cardio & Strength (Nate)		Cardio & Strength (Nate)		

**Classes are FREE for members – Non-members are \$5.00/day**

Classes are subject to changes or cancellations.

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Call: 812-238-7311. Email: [clunsford@union.health](mailto:clunsford@union.health)

