

INSTRUCTOR GUIDE





AMY

Step Classes / Cardio Kick/
Strength & Core / Yoga Stretch



AUTUMN

Barr / Strength Classes /
Yogalates



BEN

Tai Chi



BEVERLEY

Aquatics / Cycle / Senior
Classes / Strength



BRIGGETTE

Aquatics / Silver Sneakers



DANIEL

Strength / Bootcamp /
Abs Class / Personal Trainer



DEE G.

Aquatics / Silver Sneakers /
Zumba / Zumba Gold



EMILY

Yoga



ERIC

Integrated Circuit Training /
Personal Trainer



EVITA

Yoga



HEATHER

Strength Classes / Personal
Trainer



JESSICA

Barre / Strength Classes



JUNE

Strength / Cardio / Step /
Indoor Cycle /
Aquatics Instructor



KASSIE

Circuit Abs



KERRI

Zumba



LINDA

Zumba



MARISSA

Strong by Zumba / Zumba



MORGAN

Booty Blast



NADINE

Barr / Chair Aerobics



NICK

Functional Strength / Circuit
Abs / Pickleball Instructor



PAM

Strong by Zumba / Zumba



PAM R.

Yoga



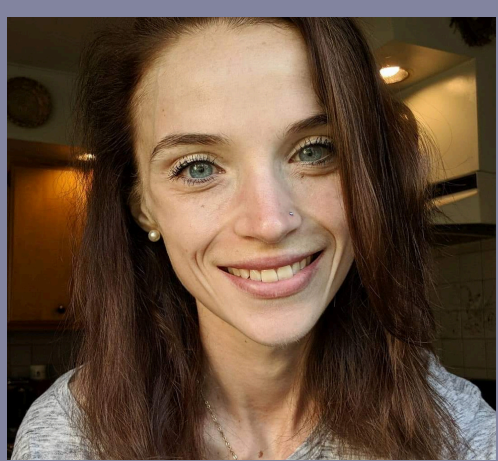
RANDY

Bootcamp / Strength Classes
/ Personal Trainer



ROGER

Line Dancing



SAMANTHA

Outdoor Walking / Strength
Classes



TINA

Senior / Strength Classes



TINA Y.

Indoor Cycle



LINDA

Yoga



DARIUS

Strength Classes / Cardio
Power Kick / Personal Trainer

