

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



DEE G.

Aquatics / Silver Sneakers /
Zumba / Zumba Gold



EMILY

Yoga



ERIC

Integrated Circuit Training



EVITA

Yoga



HEATHER

Strength Classes



JESSICA

Barre / Strength Classes



JUNE

Strength / Cardio / Step /
Indoor Cycle /
Aquatics Instructor



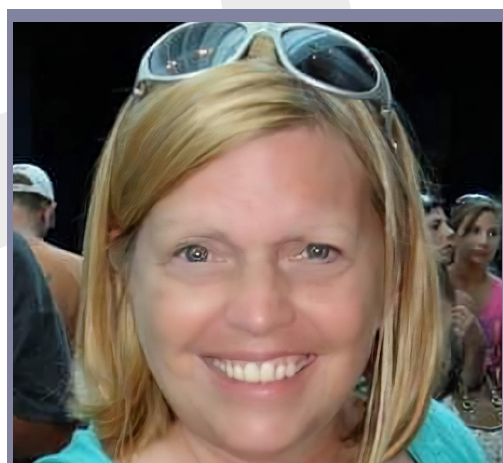
KASSIE

Circuit Abs



KERRI

Zumba



LINDA

Zumba



MARISSA

Strong by Zumba / Zumba



MORGAN

Booty Blast



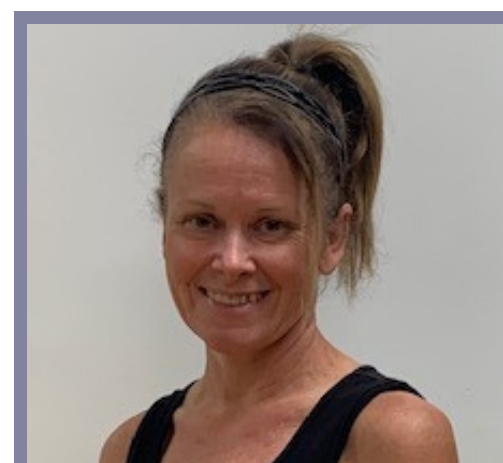
NADINE

Barr / Chair Aerobics



NICK

Functional Strength / Circuit
Abs / Pickleball Instructor



PAM

Strong by Zumba / Zumba



PAM R.

Yoga



RANDY

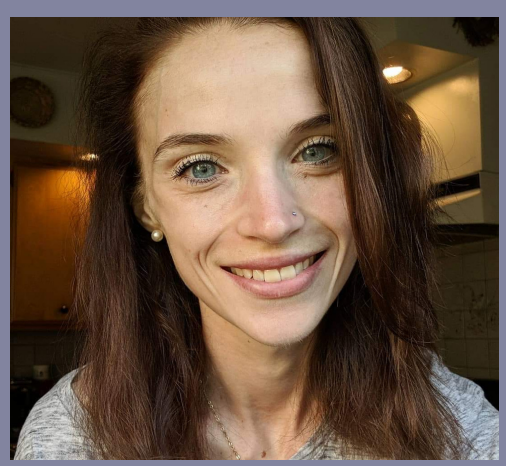
Bootcamp / Strength Classes





ROGER

Line Dancing



SAMANTHA

Outdoor Walking / Strength
Classes



TINA

Senior / Strength Classes



TINA Y.

Indoor Cycle



LINDA

Yoga

