



# FITNESS SCHEDULE



Campbell County (Gillette) Recreation Center (307)682-8527 and Wright Recreation Center, (307)464-0580

10/20/20

[www.ccpd.com](http://www.ccpd.com) (Click the Fitness Schedule Graphics Button)

Fitness Classes are included with the purchase of a membership or with a daily drop in fee. Senior citizens and benefit assistance pass members are excluded and must pay a \$6 fitness drop in.

Class	Location	Instructor	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>GILLETTE RECREATION CENTER FITNESS SCHEDULE</b>									
Cycling	Spin Room Gillette	Nicole Rozier	5:00-5:45 am		5:00-5:45 am				
		Raechell O'Dell					5:15-6:15 am		
		Ernie B/Sarah F		5:15-6:15 am		5:15-6:15 am			
		Mary Melaragno		7:15-8:00 pm					
		Pam Munoz		12:15-12:55 pm					
Spin Combo		Pam Munoz				12:15-12:55 pm			
Powerflex	Room 1 Gillette	Jessica Bagnarello		12:10-12:50 pm			12:10-12:50 pm		
		Pam Munoz	5:15-6:15 am		5:15-6:15 am		5:15-6:15 am		
	Room 2 Gillette	Pam Munoz						9:00-10:00 am	
Variety Flex	Room 1 Gillette	Jill Belecky	4:30-5:30 pm		4:30-5:30 pm				
Pound Fit	Room 1 Gillette	Ronda Drum							2:00-3:00 pm
Cardio Fit	Room 1 Gillette	Stephanie S					9:00-10:00 am		
Zumba	Room 1 Gillette	Lindsey Johnson	10:15-11:15 am				10:15-11:15 am		
	Room 1 Gillette	Wendy Gauntner				7:30-8:30 am	7:30-8:30 am		
	Room 2 Gillette	Bronte Curley				5:00-6:00 pm			1:15-2:15 pm
	Room 1 Gillette	Bronte Curley		10:15-11:15 am					
	Room 1 Gillette	Lindsey Johnson			9:00-10:00 am				
Metabolic Mayhem	Room 1 Gillette	Steph S./Shannon B.		9:00-10:00 am		9:15-10:15 am			
HIIT Fit	Room 1 Gillette	Heather Gibson		5:30-6:25 pm		5:30-6:25 pm			3:00-4:00 pm
Variety Fit	Room 1 Gillette	Haley Maxwell		4:15-5:15 pm		4:15-5:15 pm			
Circuit Weight Training	Room 1 Gillette	Sydney D'Agosta		6:00-7:00 am		6:00-7:00 am			
Max Fit	Room 1 Gillette	Stephanie Schilling	9:00-10:00 am					8:15-9:15 am	
Yga Flow	Room 2 Gillette	Sharon Murphree	6:00-7:00 am		6:00-7:00 am				
Circuit Training	Room 2 Gillette	Sharon Murphree		8:30-9:30 am		8:30-9:30 am			
Easy Yoga	Room 2 Gillette	Janice Pfenning		10:15-11:15 am		10:15-11:15 am			
Hatha Yoga	Room 2 Gillette	Karen Clarke			5:15-6:30 p.m.				
Stretch & Strength	Room 1 Gillette	Anthony Campese		6:30-7:30 pm					
Interval Training	Room 1 Gillette	Rochelle Rice	12:10-12:55 pm		12:10-12:55 pm	12:10-12:55 pm			
<b>WRIGHT RECREATION CENTER FITNESS SCHEDULE</b>									
Yoga	Fitness Room Wright	Penny Twomey	7:45-8:45 a.m.		7:45-8:45 a.m.				
Zumba	Fitness Room Wright	Janeen Bissey	4:30-5:30 p.m.		4:30-5:30 p.m.				
Cycling	Fitness Room Wright	Penny Twomey	5:30-6:30 p.m.		5:30-6:30 p.m.				
HIIT	Fitness Room Wright	Jamye Worman	6:00-6:30 p.m.	10:00-10:30 a.m.	6:00-6:30 p.m.	10:00-10:30 a.m.			
Define & Align	Fitness Room Wright	Janeen Bissey		4:30-5:30 p.m.		4:30-5:30 p.m.			
<b>GILLETTE RECREATION CENTER WATER FITNESS SCHEDULE</b>									
Class	Location	Instructor	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Deep Water	Pool Gillette	Marilyn R./Cathy C.	5:30-6:15 am	5:30-6:15 am	5:30-6:15 am	5:30-6:15 am			
Mid-Morning Dip	Pool Gillette	Sandy K.	8:30-9:30 am		8:30-9:30 am		8:30-9:30 am		
Adjust UR Attitude	Pool Gillette	Blanca Fare	4:30-5:15 pm	4:30-5:15 pm	4:30-5:15 pm	4:30-5:15 pm			
Aqua Dance	Pool Gillette	Sharon M.						11:30-12:30 pm	
Water Fitness	Pool Gillette	Cindy B./Paula P.	5:15-6:00 pm	5:15-6:00 pm	5:15-6:00 pm	5:15-6:00 pm			
<b>WRIGHT RECREATION CENTER WATER FITNESS SCHEDULE</b>									