FITNESS SCHEDULE

Campbell County (Gillette) Recreation Center (307)682-8527 and Wright Recreation Center, (307)464-0580 7/11/22

www.ccprd.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
GILLETTE RECREATION CENTER FITNESS SCHEDULE									
Cycling	Spin Room Gilette	Nicole Rozier	5:00-5:45 am		5:00-5:45 am				
		Raechell O'Dell					5:15-6:15 am		
		Pam Munoz		12:15-12:55 pm					
Spin Combo		Pam Munoz				12:15-12:55 pm			
Powerflex	Room 1 Gillette	Pam Munoz	5:15-6:15 am		5:15-6:15 am		5:15-6:15 am		
	Room 2 Gillette	Pam Munoz							
Weightlifting 101	Room 1 Gillette	Jill Belecky	4:30-5:30 pm		4:30-5:30 pm				
HighLow	Room 1 Gillette	Becky Madsen					9:00-10:00 am		
Metabolic Mayhem	Room 1 Gillette	Steph S./Ashlyn E.		9:00-10:00 am					
High Fitness	Room 1 Gillette	Becky Madsen			9:00-10:00 am				
High Fitness	Room 1 Gillette	Tiffany Price		11:00-12:00 pm		9:00-10:00 am			
Pound Fit	Room 1 Gillette	Ronda Drum							2:00-3:00 pm
HIIT Fit	Room 1 Gillette	Heather Gibson		5:30-6:25 pm		5:30-6:25 pm			1:00-2:00 pm
Variety Fit	Room 1 Gillette	Haley Maxwell		4:25-5:25 pm		4:25-5:25 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	12:10-12:55 pm			12:10-12:55 pm		
Zumba	Room 1 Gillette	Brenda Robertson			5:30-6:30 pm				
	Room 1 Gillette	Bronte C.					10:05-11:00 am		
Yoga Flow	Room 2 Gillette	Sharon Murphree		6:00-7:00 am		6:00-7:00 am			
Energetic Yoga Flow	Room 2 Gillette	Brittany Steins				5:30-6:30 pm			
Roll Out	Room 2 Gillette	Janice Pfenning		9:30-10:00 am		9:30-10:00 am			
Easy Yoga	Room 2 Gillette	Janice Pfenning		10:00-11:00 am		10:00-11:00 am			
Power Yoga	Room 2 Gillette	Dina Nickoson	5:15-6:15 pm		12:10-1:00 pm				
Hatha Yoga	Room 2 Gillette	Karen Clarke			5:30-6:45 p.m.				
Line Dancing	Room 2 Gillette	Jean R./Sue E.		5:30-6:30 pm					
Interval Training	Room 1 Gillette	Stephanie Schilling	12:10-12:55 pm			12:10-12:55 pm			
WRIGHT RECREATION CENTER FITNESS SCHEDULE									
Yoga	Fitness Room Wright	Penny Twomey	7:45-8:45 a.m.		7:45-8:45 a.m.				
Zumba	Fitnss 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.			

GILLETTE RECREATION CENTER WATER FITNESS SCHEDULE									
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			
Mid-Morning Dip	Pool Gillette	June R.	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 Fitness	Pool Gillette	Sharon M.						10:30-11:30 am	
Water Fitness	Pool Gillette	Paula P.		5:15-6:00 pm		5:15-6:00 pm			
WRIGHT RECREATION CENTER WATER FITNESS SCHEDULE									