



MULHANE
RECREATION COMMISSION
LIVE YOUR BEST LIFE!

Fitness Schedule

Session 1
January 5th - March 8th 2025

ACTIVITY	DAY	TIME	COST	STUDIO	INSTRUCTOR
High Definition	M/W/F	5:30am-6:30am	\$20	Studio A	Tracey Stump
Senior Strength	Tu/Thu	4pm-4:45pm	\$20	Studio A	Cassy Kent
Senior Balance and Mobility	M/W	4:15pm-5pm	\$20	Studio A	Cassey Belt
Mini Movers	M	11am-11:45am	\$20	Studio B	Cassey Belt
Night Flow Yoga	M/W	5:30pm-6:15pm	\$20	Studio A	Tracey Duncan
Yoga Chair	Tu/Thu	8:15am-9am	\$20	Studio B	Abra Frisch
Slow Flow Yoga	Tu/Thu	9:15am-10am	\$20	Studio B	Abra Frisch
Shine Uplift	Tu/Thu/F	5:30am-6:15am	\$20	Studio B	Amy Nelson
HIIT/POUND	Tu/Thu	5:30am-6:15am	\$20	Studio A	Tracey Stump
Jagatour Martial Arts	Tu/Thu	7pm-8pm	\$20	Studio B	Jason Sears