



# FITNESS SCHEDULE



Campbell County (Gillette) Recreation Center (307)682-8527 and Wright Recreation Center, (307)464-0580  
www.ccpd.com (Click the Fitness Schedule Graphics Button)

11/30/23

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	5:05-5:50 am		5:05-5:50 am				
		Barb Hammerquist		5:15-6:00 am		5:15-6:00 am			
		Raechell O'Dell					5:15-6:15 am		
		Jonathan Gallardo				7:15-8:15 pm			
		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		
Weightlifting 101	Room 1 Gillette	Dessa Gydesen	4:30-5:30 pm		4:30-5:30 pm				
HighLow	Room 1 Gillette	Becky Madsen					9:00-10:00 am		
Max Fit	Room 1 Gillette	Steph S.	9:00-10:00 am	9:00-10:00 am					
High Fitness	Room 1 Gillette	Tiffany Price		10:30-11:30 am					
	Room 1 Gillette	Becky Madsen			9:00-10:00 am				
Pound Fit	Room 1 Gillette	Ronda Drum						2:00-3:00 pm	
Variety Fit	Room 1 Gillette	Haley Maxwell		4:30-5:25 pm		4:30-5:25 pm			
HIIT Fit	Room 1 Gillette	Misty A./Michaela R.		5:30-6:25 pm		5:30-6:25 pm		1:00-2:00 pm	
Circuit Weight Training	Room 1 Gillette	Sydney D'Agosta		6:00-7:00 am		6:00-7:00 am			
Cross HIIT	Room 1 Gillette	Stephanie Schilling	12:00-12:45 pm	12:00-12:45 pm	12:00-12:45 pm	12:00-12:45 pm	12:00-12:45 pm	9:00-10:00 am	11:00-11:55 am
Zumba	Room 1 Gillette	Lindsey J./Becky F.				10:05-11:00 am			
	Room 2 Gillette	Lindsey J./Corina C.	10:05-11:00 am						
	Room 2 Gillette	Bronte C.	4:15-5:15 pm		4:30-5:20 pm		10:05-11:00 am		
Step & Sculpt	Room 1 Gillette	Brenda Robertson			5:30-6:30 pm				
Yoga Flow	Room 2 Gillette	Sharon Murphree		6:00-7:00 am		6:00-7:00 am			
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	5:30-6:30 pm		12:10-1:00 pm				
Hatha Yoga	Room 2 Gillette	Karen Clarke			5:30-6:45 p.m.				
<b>WRIGHT RECREATION CENTER FITNESS &amp; WATER FITNESS SCHEDULE</b>									
Yoga	Fitness Room Wright	Penny Twomey	8:00-9:00 a.m.		8:00-9:00 a.m.				
Zumba	Fitness Room Wright	Janeen Bissey			4:30-5:30 p.m.				
Cycling	Fitness Room Wright	Penny Twomey	5:15-6:15 p.m.		5:15-6:15 p.m.				
HIIT	Fitness Room Wright	Jamyne Worman	6:30-7:00 p.m.	9:00-9:30 a.m.	6:30-7:00 p.m.	9:00-9:30 a.m.			
Define & Align	Fitness Room Wright	Janeen Bissey	4:30-5:30 p.m.	4:30-5:30 p.m.		4:30-5:30 p.m.			
Morning Water Exercise	Pool Wright	Colette Bertrand	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			
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				
Water Fitness	Pool Gillette	Paula P.		5:15-6:00 pm		5:15-6:00 pm			