# Lombardi Recreation Center

## Drop-in Class Schedule

**SPRING 2016**

(January 19th – May 13th, 2016)

*Spring Break Classes – March 21st – 27th = *SB (No classes 2/15/2016)

<table>
<thead>
<tr>
<th>TIME</th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
<th>SAT</th>
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<tbody>
<tr>
<td><strong>6:30AM</strong></td>
<td>Cardio Kick-Start 6:30am</td>
<td>Reformer 6:30am (Anna Costella)</td>
<td>Cardio Kick-Start 6:30am</td>
<td>Reformer 6:30am (Anna Costella)</td>
<td>Cub Corp 7:00 am (Robert Forrest / Pat</td>
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<td></td>
<td>(Colleen Camininesh)</td>
<td>LR9</td>
<td>(Colleen Camininesh)</td>
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<td>Molony)</td>
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<td></td>
<td>Cub Corp 7:00 am (Robert Forrest / Pat</td>
<td>Cycle 6:30 am (Lauren Hunsaker)</td>
<td>Cub Corp 7:00 am (Robert Forrest / Mike</td>
<td>Cycle 6:30 am (Lauren Hunsaker)</td>
<td>Coord 7:30:00 am (Anna Costella)</td>
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<td>Beauchamp)</td>
<td>LR9</td>
<td>Molony)</td>
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<td><strong>7:00AM</strong></td>
<td>Reformer 7:30*SB (Rachel Maas) LR9</td>
<td>Reformer 7:30*SB (Anna Costella) LR9</td>
<td>Reformer 7:30*SB (Rachel Maas) LR9</td>
<td>Reformer 7:30*SB (Anna Costella) LR9</td>
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<td><strong>12:00PM</strong></td>
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<tr>
<td><strong>1:00PM</strong></td>
<td>Reformer 1:00 pm (Kim Tayour) LR9</td>
<td>Reformer 1:00 pm (B. Meierhoefer) LR9</td>
<td>Reformer 1:00 pm (Kim Tayour) LR9</td>
<td>Reformer 1:00 pm (B. Meierhoefer) LR9</td>
<td>Reformer 1:00 pm (Meg Evans) Fitness</td>
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<td><strong>3:00PM</strong></td>
<td>CrossFit Pink (Meg Evans) Fitness</td>
<td>CrossFit Pink (Nicole Gesselman) Fitness</td>
<td>CrossFit Pink (Linsey Gesselman) Fitness</td>
<td>CrossFit Pink (Nicole Gesselman) Fitness</td>
<td>CrossFit Pink (Meg Evans) Fitness</td>
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<td><strong>4:30PM</strong></td>
<td>Cub Corp 4:30 pm (Meg Halvorson / Mike</td>
<td>Cub Corp 4:30 pm (Meg Halvorson / Mike</td>
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<td>CrossFit *SB (Rebecca Marchand / Carlos</td>
<td>CrossFit *SB (Rebecca Marchand / Carlos</td>
<td>CrossFit *SB (Linsey Wegner / Pat</td>
<td>CrossFit *SB (Savannah Russell / Meg</td>
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<td>Fitness TRX (Amy Taylor)</td>
<td>Fitness TRX (Amy Taylor)</td>
<td>Fitness TRX (Amy Taylor)</td>
<td>Fitness Zumba *SB (Stefanie Argus)</td>
<td>Fitness Zumba *SB (Stefanie Argus)</td>
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<td>Yoga Sculpt *SB (Cassie Wilson)</td>
<td>Yoga *SB (Patty Kirby)</td>
<td>Yoga *SB (Patty Kirby)</td>
<td>Yoga *SB (April Earl)</td>
<td>Yoga *SB (April Earl)</td>
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<td>Reformer *SB (April Earl) LR9</td>
<td>Reformer *SB (April Earl) LR9</td>
<td>Reformer *SB (April Earl) LR9</td>
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<td><strong>5:30PM</strong></td>
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<td><strong>6:30PM</strong></td>
<td>CrossFit *SB 6:45pm</td>
<td>CrossFit *SB 6:45pm</td>
<td>CrossFit *SB 6:45pm</td>
<td>CrossFit *SB 6:45pm</td>
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<td></td>
<td>(Carlos Hernandez) Fitness</td>
<td>(Carlos Hernandez) Fitness</td>
<td>(Carlos Hernandez) Fitness</td>
<td>(Meg Evans)</td>
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<td></td>
<td>Tabata Bootcamp (Rebecca Marchand)</td>
<td>TRX Combo (Linsey Wegner)</td>
<td>TRX Combo (Linsey Wegner)</td>
<td>Fitness</td>
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<td>224B</td>
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<td>224B</td>
<td>TRX Combo (Jackie Ferek)</td>
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You must sign up on IMLeagues (12+ hours before) or call 1 hour prior to start time (775-784-1950) for all Drop-In classes to participate.

(*SB = These will be the ONLY classes held over the Spring Break March 21st – 27th)

CUB CORP: M-F @ 7:00am – 7:50am or 4:30pm – 5:20pm (6 weeks long).


*Must Register on IMLeagues.com*