



# STE. GENEVIEVE COUNTY COMMUNITY CENTER

## Fall 2025 Land and Water Fitness Class Schedule

### Session 1: September 8 – October 25

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Spinning</b> 6:30-7:00am Cindy Stoll	<b>Core Conditioning</b> 6:00-6:45am Linda Brumfield Ruzicka	<b>Senior Aquatic Exercise</b> 9:00-10:00am Pam Basler	<b>Core Conditioning</b> 6:00-6:45am Linda Brumfield Ruzicka	<b>Spinning</b> 6:30-7:00am Cindy Stoll	
<b>Silver Sneakers Boom Muscle</b> 8:00-8:45am Debbie Ramer		<b>Parkinson's Exercise Class</b> 11:00-11:45am Potential Therapy	<b>Chair Yoga</b> 8:00-8:45am Debbie Ramer		
<b>Senior Aquatic Exercise</b> 9:00-10:00am Pam Basler	<b>Silver Sneakers</b> 9:00-9:45am Linda Brumfield Ruzicka	<b>Spinning</b> 6:00-6:45pm Mary Bleckler	<b>Silver Sneakers</b> 9:00-9:45am Linda Brumfield Ruzicka	<b>Senior Aquatic Exercise</b> 9:00-10:00am Pam Basler	<b>Vinyasa Yoga</b> 9:00-10:00am Lori Schultz
<b>Zumba</b> 5:00-6:00pm Cathy Hermann	<b>Barre Workout</b> 5:00-5:45pm Debbie Ramer	<b>Zumba</b> 5:00-6:00pm Cathy Hermann			
<b>Power Flow</b> 6:00-7:00pm Lori Schultz		<b>Vinyasa Flow</b> 6:00-7:00pm Lori Schultz			
<b>Aqua Zumba</b> 6:00-7:00 pm Cathy Hermann	<b>Water Aerobics</b> 6:00-7:00pm Geri Vaeth	<b>Aqua Zumba</b> 6:00-7:00 pm Cathy Hermann			
<b>Thai Boxing</b> 7:00-8:30pm Dakotah Tefft		<b>Thai Boxing</b> 7:00-8:30pm Dakotah Tefft	<b>Water Aerobics</b> 6:00-7:00pm Geri Vaeth		

Drop in: Free for annual members \$12.00 drop in Non-members

Schedule is subject to change. Visit [www.sgccc.com](http://www.sgccc.com) for current schedule and class description.

---- Pool ---- Yoga Room ---- Spin Room ---- Aerobics Room ---- Meeting Rooms