



Group Fitness Class Schedule

Effective August 1, 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Spin! w/Kathy 6:00-6:45am	SPIN! w/Nadine 6:00-6:45am	SPIN! w/Kathy 6:00-6:45am	SPIN! w/Nadine 6:00-6:45am		SPIN! w/Nadine 7:05-7:50am	
Body Sculpt w/Grace 9:05-10am	Cardio Sculpt w/Kathy 8:00-9:00am	Body Sculpt w/Grace 8:35-9:30am			SPIN! w/Julie 8:00-8:45am	SPIN! w/Nadine 8:00-8:45am
Yoga w/ Barb 10:00-10:55am	Body Sculpt w/Nadine 9:15-10:15am	Yoga-Pilates w/Heather 9:30-10:30am	Body Sculpt w/Nadine 9:15-10:15am	Yoga- Pilates w/Heather 9:30-10:30am	Cardio Sculpt w/Rose 8:00-9:00am	SPIN! w/Dori 9:00-9:45am
SPIN! w/Charlie 11:10-11:55am		Zumba Gold w/Patty (1 st & 3 rd Wed Only) 10:30-11:30am	Yoga w/ Cindy 10:30-11:30am		Yoga w/Julie 9:05-10:05am	Stretch & Pilates w/Dori 10:00-11:00am
Body Sculpt w/ Dori 5:30-6:15pm	Core Balance w/ Grace 5:15-6:15pm	Body Sculpt w/Dori 5:30pm-6:15pm	SPIN! w/Kelly & Charlie 5:15-6:00pm	SPIN! w/Dori 5:30-6:15		
Step w/Dori 6:15-7:00pm	Kickboxing w/Krista 6:15-7:00pm	Pilates w/ Dori 6:15-7:00pm	20/20/20 w/Dori 6:00-7:00pm	GYM HOURS Mon.-Thurs. 5am-10pm Fri. 5am-8pm Sat. 7 a.m. – 7 p.m. Sun. 7am – 5pm		
Zumba w/Meg 7:00-8:00pm	Yoga for Beginners w/Barb 7:00-8:15pm	Spin! w/Betsy 6:15-7:00pm	Yoga w/Tatiana 7:00-8:00pm	CHILDCARE Mon. & Fri. 9am-11am Tues. 8am-12pm, 5pm-7pm Wed. 8:30 – 11am Thurs. 8am-12pm, 4pm-6pm Sat. 9:05am-11:05am		
SPIN! w/Kelly 7:00-7:45pm		Kickboxing w/Betsy 7:00 – 7:45pm				