

# FITNESS CLASS SCHEDULE

Effective May 1st, 2008

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Spinning 6-7am MARY	Spinning 6-7am ROY	Spinning 6-7am MARY	Spinning 6-7am RICH	Spinning 6-7am VARIES		
	Step & Sculpt (AR) 8-9am SHANNON	Boot Camp (AR)5:45-6:45am CATHY G.	Yoga (PR1) 6-6:45 am Restarts 5/29	Boot Camp (AR)5:45-6:45am CATHY G.	Spinning 7:45-8:45am JOANNE	
Hatha Yoga (PR1) 8-9am LUDMILLA	Spinning 8-9am SIOBHAN	Hatha Yoga (PR1) 8-9am CATHY G.	Spinning 8-9AM SIOBHAN	Hatha Yoga (PR1) 8-9am JEANNIE	Power Yoga (PR2) 9-10am KERI	Spinning 8:15-9:15 AM TIM
Hatha Yoga (PR1) 9:15-10:15am CATHY G.	Pilates Essentails (G2) 9-10am SHELLEY	Hatha Yoga (PR1) 9:15-10:15am GLORIA	Tone (AR)8-9am LEIGH	Hatha Yoga (PR1) 9:15-10:15am MARY	Spinning 9-10 am MARY	Yoga (PR1) 9-10am GLORIA
Cardio & Tone (AR) 9:15-10:15am LEIGH	Low Aerobics (PR1) 9:15-10am CATHY S.	Spinning 9:15-10:15am LAURA	Low Aerobics (PR1) 9:15-10am CATHY S.	Interval (AR) 9:15-10:15am JEANNIE	Spinning 10-11 am PAM	Tone (AR) 9:15-10:15am VARIES
Sport Circuit (G2) 9:15-10:15am MARY	Cardio, Kick, Jab (AR) 9:15-10:15am TRACY	Step & Sculpt (AR) 9:15-10:15am LEIGH	Cardio, Kick, & Jab (AR) 9:15-10:15am MARY	Spinning 9:15-10:15am SAM	Multi-Mix (AR) 9-10am VARIES	20/20/20 (AR)10:20-11:15am VARIES
Spinning 9:15-10:15am JEANNIE	Spinning 9:15-10:15am MARY	Tone (AR) 10:15-11:15am EILEEN	Spinning 9:15-10:15am TRACY	Tone (AR) 10:15-11:15am MARY	Upper Cuts & Abs (AR)10-10:30am VARIES	
Zumba (G1) 10:15-11:15am SHELLEY	Zumba (G1) 9:15-10:15am MELISSA	Core (G2) 10:15-10:45am LEIGH	Pilates Ess. (G1) 9:15-10:15 JOY			
Core (AR) 10:15-10:45am LEIGH	Upper Cuts & Abs (AR) 10:15-10:45am SHANNON		Pilates Plus (G1)10:15-11:15am JOY	Senior Training (AR) 12:15-1pm JANE		
Senior Chair Exer. (PR1) 11:15-12 pm JEANNIE	Below the Belt (AR) 10:45-11:15am SHANNON	Senior Training (AR) 12:15-1pm JANE		Stretch & Flex (AR) 1-1:45pm EILEEN		
Stretch & Flex (AR) 12:15-1pm EILEEN	Chair Yoga (PR1) 12:15-1pm GLORIA	Gentle Aerobics (AR) 1-1:30pm EILEEN	Tone (AR) 10:15-11:15am SHANNON			
Gentle Aerobics (AR) 1-1:30pm EILEEN	Spin Express 12:30-1:15pm CLAUDIA		Chair Yoga (PR1) 11:30-12:15pm LUDMILLA			
			Senior Chair Exer. (PR 1) 12:15-1pm EILEEN	<b>TUESDAYS &amp; THURSDAYS Express Circuit 1:45-3pm Aerobic Room</b>		
		Zumba (G1) 6-7pm SHELLEY	Spin Express 12:30-1:15pm JEANNIE			
Zumba (G2) 6-7pm MELISSA	Hatha Yoga (PR3) 5:30-6:30pm LUDMILA	Pilates Essentials (G1) 7-8pm SHELLEY	Hatha Yoga (PR3) 5:30-6:30pm GLORIA			
Cardio, Kick, & Jab (AR) 6:30-7:30pm LISA	Cardio Sculpt Plus (AR) 7-8:30pm ELSIE	Latin Explosion (AR) 7:15-8:15pm ELSIE	Cardio, Kick, & Jab (AR) 6:30-7:30pm BECKY	Yoga Combo (PR1) 6:30-7:30pm LUDMILA		
Yolates (PR3) 7-8m KERI	Spinning 7:30-8:30pm SHARON	Upper Cuts & Abs (AR) 8:15-8:45pm ELSIE	Spinning 6:30-7:30pm PAMELA	<b>Please note time change on sundays to allow ample time inbetween classes.</b>  <b>AR- Aerobic Room - Main Floor PR 1-5- Program Rooms Lower Level G- Gymnasium 1 &amp; 2 Main Floor Spinning Classes held on the Main Floor</b>		
Tone (AR) 7:30-8:30pm VARIES	Pilates Essentails (PR3) 7-8 pm JANA	Hatha Yoga (PR1) 7:30-8:30pm GLORIA	Tone 7:30-8:30pm PAMELA			
Spinning 7:30-8:30pm RAY	Pilates Plus Props (PR1) 8-9pm JANA	Spinning 7:30-8:30pm RAY	Hatha Yoga (PR1) 8-9pm EILEEN R.			

Classes and instructors subject to change without notice