

GROUP FITNESS SCHEDULE
November 5, 2008

MAIN AEROBIC STUDIO

	MON		TUES		WEDS		THURS		FRI		SAT		SUN	
8:15 am	ABS CLASS Mary Beth										*8:00 Intro Pilates		MaryBeth	
8:30 a.m.	POWER PUMP Mary Beth		BOSU CARDIO GLIDE Brooke		INTERVAL CONDITIONING Kaki		MAT PILATES I Brooke		AEROSTEP Mary Beth					
9:00 a.m.											FIT CAMP Linda (90 min. optional)			
9:15 a.m.	STEP & GLIDE Kaki		MAT PILATES III Susan		ZUMBA Sally		MUSCLE FORCE Karyn E.		MAT PILATES II Sally					
10:15 a.m.	FIT 4 ALL Kaki		FLEXIBLE STRENGTH Susan		FIRE UP THE CORE Terri				ZUMBA GOLD Sally				YOGALATES Shannon	
10:30 a.m.							POWER YOGA (90 min) Terri				ZUMBA Karen			
11:15 a.m.									FIT 4 ALL Karyn E. (45 min)				11:45 Muscle Force	
4:00 p.m.	4:30 pm	GENTLE Yogalates MaryBeth			GENTLE YOGA Jenny									
5:00 p.m.			KIDS CAN workout Brooke	5:00-5:30 ages:6-8 5:30-6:00 ages:9-12			ZUMBA Karen							
5:15 p.m.					ABS/Wendy									
5:30 p.m.	KICKBOXING Cameron				POWER PUMP Wendy				5:45 p.m.		ABS Linda			
6:00 p.m.	6:15 pm	Wendy ABS	ZUMBA Karen				20/20/20 Linda		POWER PUMP Linda					
6:30 p.m.	AERO STEP Wendy				KICKBOXING Cameron									
7:00 p.m.			YOGA Shannon				YOGA Shannon							
7:30 p.m.	MAT PILATES II Brooke				YOGALATES Shannon									

*8:00 a.m. Intro to Pilates: July 12, August 2, and August 23, September 13, October 11, November 1, November 22, December 13, January 3.

CYCLING ROOM

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
5:30 a.m.		CYCLING Rose		CYCLING Rose			
8:30 a.m.						CYCLE SCULPT Julie	
9:00 a.m.		CYCLING Terri		CYCLING Rose	75 min CYCLE Terri		
5:00 p.m.		CYCLE SCULPT Julie					*10:45 a.m.
6:00 p.m.	CYCLING Linda	CYCLING Cameron	CYCLING Kristina	CYCLE SCULPT Wendy			CYCLING Stacy

*EVERY THIRD SUNDAY CYCLING CLASS WILL START AT 10:30 AM FOR 75 MINUTES

AQUA CLASSES- *Classes meet out on the pool deck.*

	MON	TUES	WEDS	THURS	FRI	SAT
9:00 a.m.		WATER WORKS Kaki	3-T Chandra	WATER WORKS Stacy	3-T Julie	WATER WORKS Marcie/Kaki
5:30 p.m.						
6:15 p.m.	SOAKIN WET Chandra	3-T Chandra	6:00 p.m.	AQUA TRACK Rose		

EXPRESS CLASSES Only 30 min! Body Sculpt! Aerobics studio: Mon-Wed-Fri 12:15-12:45 pm

Strapped for time? These 30 min. classes are non-choreographed intense strength workouts for those on the go. Our *Express* classes will fit into your busy schedule and still help you reach your fitness goals!

CARDIO EXPRESS CLASSES Only 30 min! Mon & Wed 5:30-6:00 am cardio for those on the go! A **15 min ABS CLASS** will follow for a complete 45 min workout.

Schedule subject to change without notice.

Please refer to the back of this form for class formats and descriptions. If you have any additional questions please call Terri 352.241.7144 ext. 4204.