

FITNESS CLASS SCHEDULE

Effective SEPTEMBER 8, 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	Spinning 7:45-8:45am JOANNE	
New Interval (AR) 8-9am EILEEN	Step & Sculpt (AR) 8-9am SHANNON	Boot Camp (AR)5:45-6:45am CATHY G.	Yoga (PR1) 6-6:45 am CATHY G.	Boot Camp (AR)5:45-6:45am CATHY G.	New Zumba (AR)8-9am VARIES	
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 (PR1) 9-10am KERI	Spinning 8:15-9:15 AM SIOBHAN
Hatha Yoga (PR1) 9:15-10:15am CATHY G.	New Hatha Yoga (PR1) 8-9am CATHY G.	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 PAM	Yoga (PR1) 9-10am GLORIA
Cardio Blast (AR) 9:15-10:15am LEIGH	Low Aerobics (PR1) 9:15-10am CATHY S.	Sport Circuit (G2) 9:15-10:15am MARY	Low Aerobics (PR1) 9:15-10am CATHY S.	Interval (AR) 9:15-10:15am JEANNIE		Tone (AR) 9-10am VARIES
Pilates (G1) 9:15-10:15am SHELLEY	Cardio, Kick, Jab (AR) 9:15-10:15am TRACY	Spinning 9:15-10:15am LAURA	Cardio, Kick, & Jab (AR) 9:15-10:15am MARY	Spinning 9:15-10:15am SAM	Multi-Mix (AR) 9-10am VARIES	Cardio Mix (AR)10-10:45am VARIES
Spinning 9:15-10:15am JEANNIE	Spinning 9:15-10:15am MARY	Step & Abs (AR) 9:15-10:15am LEIGH	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	Tone (AR) 10:15-11:15am EILEEN	Pilates Ess. (G1) 9:15-10:15 JOY			
Core (AR) 10:15-10:45am LEIGH	Upper Cuts & Abs (AR) 10:15-10:45am SHANNON	Core (G2) 10:15-10:45am LEIGH	Pilates Plus (G1)10:15-11:15am JOY	Senior Training (AR) 12:30-1pm JANE		
Senior Chair Exer. (PR1) 11:15-12 pm JEANNIE	Below the Belt (AR) 10:45-11:15am SHANNON	New Belly Dancing (PR1) 10:15-11:15am LORIN	Tone (AR) 10:15-11:15am SHANNON	Stretch & Flex (AR) 1-1:45pm EILEEN		
Stretch & Flex (AR) 12:15-1pm EILEEN	Chair Yoga (PR1) 12:15-1pm GLORIA	Senior Training (AR) 12:15-1pm JANE	Tai Chi (PR1) 11:15-12pm CATHY G.			
Gentle Aerobics (AR) 1-1:30pm EILEEN	Spin Express 12:30-1:15pm PAMELA	Gentle Aerobics (AR) 1-1:30pm EILEEN	Senior Chair Exer. (PR1) 12:15-1pm EILEEN			
	New Zumba Gold (PR1) 12:15-1pm PATTY	Zumba (G1) 6:30-7:30pm SHELLEY	Spin Express 12:30-1:15pm JEANNIE			
	New Step and Sculpt (AR) 12-12:45pm TRUDI	New Beginning Yoga (PR2) 6:30-7:30pm GLORIA	Hatha Yoga (PR3) 5:30-6:30pm GLORIA			
Zumba (G2) 6:30-7:30pm MELISSA	Hatha Yoga (PR3) 5:30-6:30pm LUDMILA	Pilates Essentials (G1) 7-8pm SHELLEY	New Belly Dancing (AR) 5:30-6:30pm LORIN	New Zumba (AR)5:45-6:30pm BEGINS OCT. 3RD		
Cardio, Kick, & Jab (AR) 6:30-7:30pm LISA	Cardio Sculpt Plus (AR) 7-8:30pm ELSIE	Cardio Mix (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	<p>TUESDAYS & THURSDAYS Express Circuit 1:45-3pm Aerobic Room</p> <p>AR- Aerobic Room - Main Floor PR 1-5- Program Rooms Lower Level G- Gymnasium 1 & 2 Main Floor Spinning Classes held on the Main Floor</p>		
Tone (AR) 7:30-8:30pm VARIES	Pilates Essentials (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.			

