

# FITNESS CLASS SCHEDULE

Effective June 19th 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Spinning 6-7am PHEOBE	Spinning 6-7am ROY	Spinning 6-7am MARY	Spinning 6-7am CHRISTINE	Spinning 6-7am VARIES	Spinning 7:45-8:45am JOANNE	
Cardio Mix (AR) 8-9am EILEEN	Hatha Yoga (PR1) 8-9am CATIE	Boot Camp (AR)5:45-6:45am CATHY	Hatha Yoga (PR1)6:6:45am CATHY	Boot Camp (G1)5:45-6:45am SHANNON	Zumba (G1)8-9am VARIES	
Hatha Yoga (PR1) 8-9am LUDMILA	Step & Sculpt (AR) 8-9am SHANNON	Hatha Yoga (PR1) 8-9am CATHY	Spinning 8-9AM SIOBHAN		Power Yoga (PR1) 9-10am LISA M	Spinning 8:15-9:15 AM SIOBHAN
Hatha Yoga (PR1) 9:15-10:15am CATHY	Spinning 8-9am SIOBHAN	Hatha Yoga (PR1) 9:15-10:15am GLORIA	Tone (AR)8-9am LEIGH	Yoga for Flexibility (PR1) 8-9am JEANNIE	Spinning 9-10 am PAMELA T.	(PR1) 8:45-10am GLORIA
Cardio Blast (AR) 9:15-10:15am LEIGH	Aerobics (PR1) 9:15-10am EILEEN	Spinning 9:15-10:15am LAURA	Zumba/Zumba Tone (G1) 9:15-10:15am MISSY/JEANNIE	Power Yoga (PR1) 9:15-10:15am MARY		Tone (AR) 8:45-9:45am KOREEN/ANGELICA
Zumba (G1) 9:15-10:15am JEANNIE	Cardio, Kick, Jab (AR) 9:15-10:15am TRACEY	Step & Abs (AR) 9:15-10:15am LEIGH	Aerobics (PR1) 9:15-10am EILEEN	Interval (AR) 9:15-10:15am JEANNIE	Multi-Mix (AR) 9-10am VARIES	Cardio Mix (AR)9:45-10:30am KOREEN/ANGELICA
Spinning 9:15-10:15am JENNIFER	Spinning 9:15-10:15am MARY	Tone (AR) 10:15-11:15am EILEEN	Cardio, Kick, & Jab (AR) 9:15-10:15am MARY	Spinning 9:15-10:15am PAM K.	Upper Cuts & Abs (AR)10-10:30am VARIES	
	Zumba (G1) 9:15-10:15am MISSY	Senior Training (AR) 11:15-12pm JANE	Spinning 9:15-10:15am CATHY	Tone (AR) 10:15-11:15am MARY		
Core (AR) 10:15-10:45am LEIGH	Upper Cuts & Abs (AR) 10:15-10:45am SHANNON	Gentle Aerobics (AR) 12-12:30pm EILEEN	*Pilates (PR2) 9-10 AM JOY	Senior Training (AR) 11:15-12pm JANE		
*Senior Chair Exer. (AR) 11:15-12 pm DARLA	Below the Belt (AR) 10:45-11:15am SHANNON		Tone (AR) 10:15-11:15am SHANNON	Stretch & Flex (AR) 12-12:45pm EILEEN		
Stretch & Flex (AR) 12:15-1pm EILEEN	Chair Yoga *(AR) 11:15-12pm GLORIA		*Senior Chair Exer. (AR) 12:15-1pm SHANNON			
Gentle Aerobics (AR) 1-1:30pm EILEEN	Zumba Gold (AR) 12:15-1pm MISSY		Spin Express 12:30-1:15pm DON			
	Spin Express 12:30-1:15pm CATHY	Spinning 5:30-6:30pm DON	Hatha Yoga *(AR) 5:30-6:30pm GLORIA			
		*Zumba (G1) 6:30-7:30pm JACKIE	*Belly Dancing (PR1)7-8pm LORIN	Zumba (AR)6-6:45pm VARIES	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>* Note time/room change</p> </div>	
Zumba (G1) 6:30-7:30pm KARIN	Vinyasa Yoga (AR) 5:30-6:30pm CATIE	Beginning Yoga *(PR5) 6:30-7:30pm GLORIA	Cardio, Kick, & Jab (AR) 6:30-7:30pm BECKY	Vinyasa Yoga (PR1) 6:30-7:30pm CATIE		
Cardio, Kick, & Jab (AR) 6:30-7:30pm MARISSA	Cardio Sculpt (AR) 7-8pm REBECCA	Pilates Essentials (PR5) 7:30-8:30pm GIOVANNA	Zumba/Zumba Tone (G1) 6:30-7:30pm MISSY			
Yolates (PR5) 7-8m GIOVANNA	Spinning 7:30-8:30pm SHARON	Bootcamp (AR) 7:15-8:15pm ANGELICA	Spinning 6:30-7:30pm PAMELA T.			
Tone (AR) 7:30-8:30pm KOREEN/REBECCA	Pilates Essentails (PR1) 7-8 pm JANA	Hatha Yoga (PR1) 7:30-8:30pm GLORIA	Tone (AR) 7:30-8:30pm PAMELA T.		<p><b>AR- Aerobic Room - Main Floor</b>  <b>PR 1-5- Program Rooms Lower Level</b>  <b>G- Gymnasium 1 &amp; 2 Main Floor</b>  <b>Spinning Classes held on the Main Floor</b></p> <p><b>Please note all hour classes are 50 min of movement with 5 min set up and 5 min break down time.</b></p>	
Spinning 7:30-8:30pm DON	Pilates Plus Props (PR1) 8-9pm JANA	Spinning 7:30-8:30pm PHEOBE	Hatha Yoga (PR1) 8-9pm EILEEN R.			

Schedule subject to change