

Group Exercise

Schedule

Effective January 30, 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-6:30 Rise n Shine Strength Jen	5:15-6:45 Cycle Spin Val	6:15-7:15 Power Hour Bente	5:45-6:45 Video Spin Bob	6:00-7:00 Studio Spin Chris	7:00-8:00 Video Spin Bob
6:00-7:15 Studio Spin Chris S.	8:00-9:00 Video Spin Kathleen	8:00-9:00 Studio Spin Tim	8:00-9:00 Studio Spin Felice	8:00-9:00 Studio Spin Melanie	8:15-9:15 TRX Boot Camp Chris/Tommy
7:45-8:45 Studio Spin Chris S.	8:30-9:25 Smartbells Bente	8:30-9:25 Inner Strength Denise/Nancy	8:30-9:25 TRX Interval Kathleen	8:30-9:25 Inner Strength Nancy	8:30-9:25 Inner Strength Heather
8:30-9:25 Inner Strength Denise	9:30-10:25 Cardio TRX Kathleen	9:15-10:25 Strength Interval Kathleen	9:30-10:30 Power Plus Bente	9:15-10:30 Let it Fly Helen	9:00-10:00 Cycle Spin Chris S.
9:15-10:30 Cardio Interval Helen	9:30-10:30 Party Spin Bente	9:30-10:30 Studio Spin Cathy W.	9:30-10:30 9:45-10:45 Studio Spin Karen	9:30-10:30 Video Spin Kathleen	9:15-10:25 Power Plus Bente
9:30-10:30 Video Spin Kathleen	9:30-10:30 Inner Strength Diane	9:30-10:25 Inner Strength Denise/Nancy	9:30-10:30 Inner Strength Heather	9:30-10:25 Inner Strength Nancy	9:30-10:25 Cardio Interval Helen
9:30-10:25 Inner Strength	10:30-11:30 Zumba Shahidah	10:30-11:30 Zumba Naomi	10:30-11:30 Zumba Nick	10:45-11:55 Fitness Stretch Helen	10:30-11:30 Zumba Shahidah
10:30-11:30 BOSU Bodysculpt Helen	11:30-12:30 Dance For Joy	12:00-1:00 Gentle Body Flow Bente	12:00-1:00pm Zumba Gold Helen	12:00-1:00pm Zumba Gold Helen	10:30-11:30 Zumbatomics Sharisse
10:30-11:30 Zumba Jenny					Kids 5-10 years old
10:45-11:45 Studio Spin Karen	Tuesday 1:00-2:15pm Hot Yoga Jillian	Wednesday 1:00-2:15pm Hot Yoga Amy B	Thursday 1:00-2:15pm Hot Yoga Michelle	Friday 1:00-2:30pm Endurance Video Spin Kathleen	Sunday 8:45-9:45am Studio Spin Mike/Lorraine
	1:00-2:00pm Inner Strength Diane	5:30-6:30pm Bootylicious Bente	4:30-5:30pm Studio Spin Keith	5:30-6:30pm Spintastic Bente	10:00-11:00am Studio Spin Mike/Lorraine
4:30-5:30pm Video Spin Kathleen/Eileen	5:00-6:00pm Smartbells Bente	6:30-7:30pm Zumba Toni-Michelle	7:00-8:00pm Zumba Shahidah		9:00-10:15am Strength Interval Kathleen
6:15-7:15pm BOSU Bodysculpt Helen	6:00-7:00pm Zumba Helen				10:30-11:30am Zumba Naomi
6:15-7:15pm Studio Spin Eileen		7:00-8:00pm Video Spin Bob	7:00-8:00pm Studio Spin Mike		
7:15-8:25pm Fitness Stretch Helen	7:00-8:00pm Studio Spin Candi				
8:30-9:30pm Ballroom Dance Val					

- Instructors subject to change without notice.
- Children must be 12 years and older and 5ft tall for spin

RED denotes a change in the schedule

Note: Sign-up is required to all Spin classes up to 30 minutes before start of class at front desk. You MUST be present for Free sign-up. One sign-up per person. You may make a reservation for a \$5 fee beginning at 7:00am the day before. All phone reservations are \$5 fee. If not present at class time,

BG=Big Gym SS=Spin Studio
AS=Aerobic C - Yoga
Studio Studio
SA=Studio A