

GROUP EXERCISE SCHEDULE Effective January, 2010

MON	TUES	WED	THURS	FRI	SAT	SUN
6:00-7:00am IRON SPIN w/Doug	6:00-6:50am CYCLE w/Carolyn		6:00-6:50am CYCLE w/Carolyn			
8:00-9:00am SCULPT w/Brandon	8:00-8:45am CYCLE w/Elizabeth	8:00-9:00am SCULPT w/Brandon	8:00-8:45am CYCLE w/Elizabeth	8:00-9:00am SCULPT w/Elizabeth	8:00-8:45am CYCLE w/Elizabeth	8:30-9:30am CYCLE w/Elizabeth
9:15-10:00am CYCLE w/Connie	9:00-9:55am YOGA FLOW w/Mary Ann D.S.	9:00-9:55am IMX Pilates w/Connie D.S.	8:00-9:00am YOGA FLOW w/Kim D.S.	8:15-9:00am IMX Pilates w/Connie D.S.	7:55-9:10am YOGA FLOW w/Mary Ann D.S.	9:30-10:30am SCULPT w/Elizabeth
9:15-10:00am ZUMBA w/Kim W D.S.	9:15-10:10am CARDIO SCULPT w/Elizabeth	9:15-10:00am CARDIO KICK w/Brandon	9:15-10:10am CARDIO SCULPT w/Elizabeth	9:15-10:00am CARDIO KICK w/Brandon	9:00-9:55am SUPER STEP w/Elizabeth	9:30-10:15am ZUMBA w/Kim W D.S.
10:00-11:15am POWER YOGA w/Karen D.S.	10:15-11:15am ACTIVE OLDSERS w/Elizabeth	10:00-10:45am ABS-N-ARMS w/Connie	10:15-11:10am ACTIVE OLDSERS w/Penni	10:15-11:15am SCULPT w/Brandon	10:00-11:00am SCULPT w/Laurie	
10:15-11:00am SCULPT w/Connie	11:15-12:00pm SILVER SNEAKERS w/Christine	10:00-11:15am POWER YOGA w/Sue D.S.	11:15-12:00pm SILVER SNEAKERS w/Christine	11:15-12:15pm GENTLE YOGA w/Kim		
11:00-12:00pm GENTLE YOGA w/Kim		11:00-12:00pm GENTLE YOGA w/Kim				
EVENING SCHEDULE						
5:00-6:15pm POWER YOGA w/Sue D.S.	5:15-6:15pm RESTORATIVE YOGA w/Beverly	5:15-6:00pm SCULPT w/Elizabeth	5:15-6:00pm CYCLE w/Doug			
5:45-6:30pm CARDIO CONDITIONING w/Lauren	6:15-7:00pm BOOTCAMP w/Brandon	6:05-6:50pm BOOTCAMP w/Corey	6:15-7:00pm ROCK BOTTOM w/Lauren			
6:30-7:30pm SCULPT w/Nicole	7:00-7:45pm CARDIO KICK w/Brandon	7:00-8:00pm CYCLE w/Laurie	7:00-7:45pm CARDIO KICK w/Nicole			
7:30-8:15pm ZUMBA-Tone w/Nicole	8:00-9:00pm PILATES w/Erin D.S.	7:30-8:30pm YOGA FLOW w/Mary Ann D.S.	8:00-9:30pm YOGA FLOW w/Kim			
			8:00-9:00pm PILATES w/Erin D.S.			

All Classes subject to change. Please arrive early and bring water and a towel. Please respect your fellow members and do not enter while class is in progress.

All classes in loft unless indicated. D.S. is the 2nd floor Dance studio (by elevator) F.C. is the 1st floor Fitness Center Gym is the 2nd floor gymnasium

All classes listed here are free for full members. Program members may attend free classes for a \$10 fee. Classes are "drop in". Registration is not required.

Body Blitz meets 2x per wk for 30 minutes \$85
Muscle Fitness meets 1x per wk 60 minutes
Fees: Full: \$65 Program: \$95