



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

WINTER 2011

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am	Spinning*** Terri	Yoga** Michelle	Cardio Sculpt Lilly	Yoga** Michelle	Spinning* ** Leslie		
	Body Sculpt Lilly		Spinning*** Chris K.		Bodyfit Lilly		
8:30am				Spinning*** Shelly	9:30 am Pilates Ball* Jeannene	Spinning*** Team	
9:00am							
9:30am	Pilates Mat Glenda	Body Sculpt Sharon	Cardio Combo Sharon	Body Sculpt Diane	Zumba Fabiana	Pilates Mat Jeannene Karen	
	Spinning*** Eileen	Yoga** Maria	Spinning*** Colleen		Spinning* ** Diane		
10 am							FAMILY** ZUMBA Lydia
							Body Sculpt Patrick
10:30am	Zumba Laurel	Spinning*** Eileen	Zumba Gabby	Spinning*** Erin		Zumba Fabiana	
				YOGA Maria			
5:30pm				Yoga for** Kids/Tweens Maria			
6 pm				Spinning*** Eileen			
6 pm	Body Sculpt Patrick	Zumba Fabiana	Cardio Combo Barbara	Body Sculpt Barbara			
6:30pm		Yoga* Michelle 6:30pm	Yoga* Kathleen 6:30pm				
	Spinning *** Colleen		Spinning*** Allison				
7pm	Kickbox Barbara	Boot Camp Patrick		Zumba w/ Laurel	Bodyfit Patrick		
				Yoga* Sara			

All classes held in the Fitness Room unless otherwise noted with a MAXIMUM CAPACITY OF 30 PERSONS

Please note that Adult Classes are inappropriate for children 12 & under.

(*Class held in Pilates Studio) (** Class held in Studio A) (***) Class held in Spin Room)