

GROUP FITNESS SCHEDULE

February 27, 2010 - April 4, 2010

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM	SPINNING® Dianne	HP 60 (AS) Bruce/Jeff/Dianne	SPINNING® Dianne	HP 60 (AS) Bruce/Jeff/Dianne	HP 60 (AS) Bruce/Jeff/Dianne	
6:00 AM	HP 30 (AS) Bruce/Jeff/Dianne		HP 30 (AS) Bruce/Jeff/Dianne			
8:15 AM	BALANCED BASICS (AS) Dianne	SPINNING® Patrick	BALANCED BASICS (AS) Dianne	SPINNING® Patrick	SPINNING® Wyatt	SPINNING® Amy
		BODY FLEX (AS) Joanna		BODY FLEX (AS) Joanna	BALANCED BASICS (AS) Dianne	
9:00 AM	PILATES (MP) Emily	BODY SCULPT (AS) Laurie	PILATES (MP) Emily	BODY SCULPT (AS) Laurie		SUPER STEP (AS) Jennifer
10:00 AM		ZUMBA Teresa		ZUMBA Teresa		
10:15 AM						CORE FIT (AS) Jennifer
10:30 AM						SPINNING® Karen
11:30 AM						BODY SCULPT (AS) Karen
3:15 PM	SPINNING® Joanna		SPINNING® Joanna			
4:30 PM	ZUMBA Teresa	CARDIO HIP-HOP(AS) Laurie	ZUMBA Teresa	CARDIO HIP-HOP(AS) Laurie		
5:30 PM	STEP (AS) Laurie	SUPER STEP (AS) Jennifer	CARDI KICKBOX (AS) McKenzie	SUPER STEP (AS) Jennifer	CARDIO MUSCLE MIX(AS) McKenzie	
		PILATES (EC) Laurie		PILATES (EC) Laurie		
5:45 PM	SPINNING® Joey	SPINNING® Pam	SPINNING® Valerie	SPINNING® Joey	(AS) Aerobics Studio: 2nd Floor (MP) Multi-Purpose Room: 2nd Floor (EC) Education Classroom: 1st Floor ZUMBA is located in the Aerobics Studio (AS) Spinning is located in the Spinning Room Class Descriptions & Policies Located on the Back	
6:00 PM		BODY SCULPT (MP) Emily		BODY SCULPT (MP) Karen		
6:30 PM	CORE FIT (AS) Laurie	CORE FIT (AS) Jennifer	CORE FIT (AS) McKenzie	CORE FIT (AS) Jennifer		
	POWER YOGA (EC) Jack	POWER YOGA PLUS (EC) Jack	POWER YOGA (EC) Jack	POWER YOGA PLUS (EC) Jack		
7:00 PM	BOOT CAMP (AS) McKenzie	ZUMBA Tisha		CARDIO SALSA (AS) Andrew		