

Group Exercise Schedule - Summer II



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45am Studio 1	Total Body Sculpt 01645-01 Rachel		Cross Training 01615-01 Rachel	All classes are 55 minutes unless otherwise noted * Extra Fee required Classes <i>Not</i> filled to capacity may be cancelled		
5:45am Studio 2		*Advance Cycle 01648-05 Gordon		*Advance Cycle 01648-06 Gordon		
8:00 AM Studio 1	Total Body Sculpt 01645-02 Renate	*Intermediate Pilates 01637-01 Amy	Kickboxing 01616-04 Heather A.	*Zumba 01655-03 Lisa		
9:00am Studio 1	Advanced Step Aerobics 01618-01 Laura	Total Body Sculpt 01645-04 Lisa R.	Cross Training 01615-02 Laura	Total Body Sculpt 01645-08 Lisa R.	Cross Training 01615-04 Laura	*Bootcamp 01627-01 Heather
9:00am Studio 2					*Intermediate Pilates 01637-03 Staci	*Cycling Cross Training (90 mins) 01648-03 Dan
9:50am Studio 1	Exp Core Muscles 01645-11 Laura	Exp Glutes & Legs 01645-14 Laura	Exp Core Muscles 01645-12 Laura	Exp Glutes & Legs 01645-15 Laura	Exp Core Muscles 01645-13 Laura	
10:00 AM Studio 1						Hi Impact Floor Aerobics 01647-02 Staff
10:00 AM Studio 2	Lo Impact Aerobics 01617-01 Carol		Lo Impact Aerobics 01617-02 Cheryl		Lo Impact Aerobics 01617-04 Cheryl	
10:00 AM Studio 3	* Yoga 50+ 01638-06 Lisa C.		* Yoga 50+ 01638-07 Lisa C.			
10:15am Studio 1	Total Body Sculpt 01645-03 Staci		Total Body Sculpt 01645-06 Laura		Total Body Sculpt 01645-10 Amy	
10:30am Studio 2		SilverSneakers (45mins) 01645-18 Heather		SilverSneakers (45mins) 01645-18 Heather		
12:15pm Studio 3		*Yoga (45 mins) 01638-08 Lisa C.		*Yoga (45 mins) 01638-03 Lisa C.		
5:30pm Studio 1	Kickboxing 01616-01 Becky	Step Aerobics 01618-03 Debbie	Hi Impact Floor Aerobics 01647-01 Becky	Total Body Sculpt 01645-09 Renata		
5:30 Studio 3		*Karate 01435-01 Susan		*Karate 01435-01 Susan		
6:00 PM Studio 2		*Belly Dance 01614-01 Natasha		*Advance Cycle 01648-07 Arlene		
6:30pm Studio 1	Step Strength Circuit 01618-02 Arlene	Total Body Sculpt 01645-05 Gretchen		Kickbox 01616-05 Venus		
6:30pm Studio 2	*Advance Cycle 01648-04 Sharon		Total Body Sculpt 01645-07 Greg			
6:30pm Studio 3		*Karate 01435-02 Susan	*Little Dragons 01435-10 Susan	*Karate 01435-02 Susan		
6:45 PM Studio 3	*Yoga 01638-02 Amy					
7:30pm Studio 1		Kickboxing 01616-03 Greg	*Zumba 01655-01 Susan	Low Impact Aerobics 01617-03 Renata		
7:30pm Studio 2				*Yoga 01638-04 Lisa C.		
7:30 Studio 3		*Karate 01435-03 Susan		*Karate 01435-03 Susan		