

Group Exercise Schedule - Summer II



	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
5:45am Studio 1	Total Body Sculpt 01645-01 Cliff		Cross Training 01615-01 Cliff	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 Renata		Kickboxing 01616-04 Heather			
8:30 AM Studio 2						
9:00am Studio 1	Advanced Step Aerobics 01618-01 Becky Ray	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 Staci
9:00am Studio 2					*Intermediate Pilates 01637-03 Staci	
9:50am Studio 1	Exp Core Muscles 01645-11 Becky Ray	Exp Glutes & Legs 01645-14 Lisa R.	Exp Core Muscles 01645-12 Laura	Exp Glutes & Legs 01645-15 Lisa R.	Exp Core Muscles 01645-13 Laura	
10:00 AM Studio 1						*Zumba 01655-02 Patti
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	Cross Training 01615-03 Lisa R.	Total Body Sculpt 01645-10 Staci	
10:30am Studio 2		SilverSneakers (45mins) 01645-18 Heather		SilverSneakers (45mins) 01645-18 Heather		
11:15am Studio 2	SilverSneakers (45mins) 01645-26 Staci		SilverSneakers (45 mins) 01645-26 Darla			
11:00am Studio 3		*Yoga 01638-Lisa C.		*Yoga 01638-Lisa C.		
11:30am Studio 2		SilverSneakers (45mins) 01645-20 Holly		SilverSneakers (45mins) 01645-20 Holly		
12:00pm Studio 3		*Yoga 01638-08 Lisa C.		*Yoga 01638-03 Lisa C.		
4:30 PM Studio 3				*Sport Yoga 01638-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 Greg		
5:30pm Studio 2						
5:30pm Studio 3		*Karate 01435-01 Andreas/Jim		*Karate 01435-01 Andreas/Jim		
5:30pm W.Center						
6:00pm Studio 2				*Advance Cycle 01648-07 Arlene		
6:00 PM Studio 2	*Advance Cycle 01648-04 Sharon	*Belly Dance 01614-01 Natasha				
6:30pm Studio 1	Advance Step 01618-02 Arlene	Total Body Sculpt 01645-05 Gretchen	Total Body Sculpt 01645-07 Greg	Kickboxing 01616-05 Venus		
6:30pm Studio 2						
6:30pm Studio 3		*Karate 01435-02 Andreas/Jim		*Karate 01435-02 Andreas/Jim		
6:45 PM Studio 3	*Yoga 01638-02 Amy					
7:00 PM Studio 2		*Intermediate Belly Dance 01614-02 Natasha				
7:30pm Studio 1	Crosstraining 01615-05 Suzanne	Kickboxing 01616-03 Greg/Cliff	*Zumba 01655-01 Susan	Low Impact Aerobics 01617-03 Suzanne		
7:30pm Studio 3		*Karate 01435-03 Andreas/Jim		*Karate 01435-03 Andreas/Jim		