

GROUP EXERCISE SCHEDULE WINTER II



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45am Studio 1	Total Body Workout 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 Bonnie		*Advance Cycle 01648-06 Gordon		
8:00 AM Studio 1	Total Body Workout 01645-02 Renate	*Intermediate Pilates 01637-01 Whitney	Kickboxing 01616-03 Heather A.	*Zumba 01655-03 Patti		
8:30 AM Studio 2						*Advance Cycle 01648-09 Dan
9:00am Studio 1	Advanced Step Aerobics 01618-01 Becky Ray	Total Body Workout 01645-04 Lisa R.	Cross Training 01615-02 Laura	Total Body Workout 01645-08 Lisa R.	Cross Training 01615-04 Laura	*Bootcamp 01627-01 Heather/Staci
9:00am Studio 2		*Cycling Crosstraining (90 mins) 01648-01 Lorraine		*Cycling Cross Training (90 mins) 01648-02 Lorraine	*Intermediate Pilates 01637-03 Staci	*Cycling Cross Training (90 mins) 01648-03 Dan
9:50 AM Studio 1	Ex. Core Muscles 01645-11 Becky Ray	Ex. Glutes and Legs 01645-14 Lisa R.	Ex. Core Muscles 01645-12 Laura	Ex. Glutes and Legs 01645-15 Lisa R.	Ex. 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.			10am-12pm *Karate
10:15am Studio 1	Total Body Workout 01645-03 Staci		Total Body Workout 01645-06 Holly	Cross Training 01615-03 Lisa	Total Body Workout 01645-10 Staci	
10:30am Studio 2				SilverSneakers (45mins) 01645-18 Heather		
10:30am Studio 1		SilverSneakers (45mins) 01645-18 Heather				
11:00am Studio 1						*Turbo Kick 01616-06 Patti
11:00am Studio 2	SilverSneakers (45mins) 01645-26 Lisa		SilverSneakers (45mins) 01645-26 Lisa			
11:30am Studio 2		SilverSneakers (45mins) 01645-20 Holly		SilverSneakers (45mins) 01645-20 Holly		
12:15pm Studio 3		*Yoga 01638-02 Lisa C.		*Yoga 01638-03 Lisa C.		
5:30pm Studio 1	Kickboxing 01616-01 Greg	Step Aerobics 01618-03 Debbie	Hi Impact Floor Aerobics 01647-01 Patti	Total Body Workout 01645-09 Greg	Total Body Workout 01645-19 Whitney	
5:30 Studio 2	*Hip Hop 01415-01 Andrew					
5:30 Studio 3		*Karate 01435-01		*Karate 01435-01		
5:30 Glass Rm		*Little Dragons 01435-10 Susan				
5:30 W.Center		*Junior Boot Camp 01415-02 Vernell				
6:00 PM Studio 2		*Belly Dance 01614-01 Natasha	*Advance Cycle 01648-08 Sharon	*Advance Cycle 01648-07 Arlene		
6:30pm Studio 1	Advance Step Aerobics 01618-02 Arlene	Total Body Workout 01645-05 Gretchen	Total Body Workout 01645-07 Greg	Kickbox 01616-04 Venus		
6:30pm Studio 2	*Advance Cycle 01648-04 Sharon					
6:30pm Studio 3	6:45pm *Yoga 01638-01 Amy	*Karate 01435-02	*Intermediate Pilates 01637-02 Debbie	*Karate 01435-02		
7:00pm Studio 2		*Intermediate Belly Dance Natasha				
7:30pm Studio 1	Cross Training 01615-05 Laura	Kickboxing 01616-02 Cliff	*Zumba 01655-01 Susan	Low Impact Aerobics 01617-03 Suzanne		
7:15pm Studio 2				*Yoga 01638-04 Lisa C.		
7:30 Studio 3		*Karate 01435-03		*Karate 01435-03		