

GROUP EXERCISE CLASS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 am							
6:30 am							
7:15am	CIRCUIT TRNG JACKIE M. (45)		CIRCUIT TRNG JACKIE M. (45)				
7:45am	QI GONG TOMAS S.	YOGA I & II LINDA T. (75)	YOGA BASICS I LINDA T. (75)	YOGA I & II LINDA T. (75)	QI GONG HARRY H.		
8:00am						PILATES I & II <u>CINDY B.</u>	
8:15am	CIRCUIT TRAINING JACKIE M.(45) Wt. room	CIRCUIT TRAINING CHRIS E.(45) Wt. room	CIRCUIT TRAINING JACKIE M. (45) Wt. room	CIRCUIT TRAINING CHRIS E.(45) Wt. room	CIRCUIT TRAINING JACKIE M.(45) Wt. room	SPINNING PARIS D. CIRCUIT TRNG. CHRIS E. (45)	
9:00 am		JAZZERCISE SANDY F. (Begins Aug. 15 th)		JAZZERCISE SANDY F. (Begins Aug. 15 th)			YOGA FLOW I & II REBECCA G.
9:15am	SPINNING PATTY L. (45)		CARDIO DANCE DEBORAH Y.(90) SPINNING PATTY L. (45)		SPINNING PATTY L. (45)		
9:30am	PURPOSEFUL CONDNG. MARY B. CIRCUIT TRAIN JACKIE M. (45). PILATES II & III CHARISE C.	YOGA II & III KAREN H.	PILATES I & II CINDY B. CIRCUIT TRAINING JACKIE M. (45)		PURPOSEFUL SCULPT MARY B. PILATES II & III CHARISE C. CIRCUIT TRNG JACKIE M. (45)		
10:00am		BUSY BODIES LAURA B. (45)					
11:00am	AQUA FITNESS DEBBIE H.	TOTAL BODY ENERGIZER LAURA B.	AQUA FITNESS DEBBIE H.	TOTAL BODY ENERGIZER LAURA B.	AQUA FITNESS DEBBIE H.		
12:00pm		YOGA FLOW I & II LEE H.		YOGA FLOW I & II KAREN H.			
4:15pm			FAMILY YOGA HELGA M. (45)				
4:30pm	PURPOSEFUL CONDITION JACKIE M.		PURPOSEFUL CONDITION LAURA B.				
5:30pm	PILATES II & III JULIET S.	PILATES II & III TANYA B.	PILATES II & III JULIET S.	PILATES II & III CATHERINE K.	YOGA I & II REBECCA G.		YOGA I & II JODY H.
6:00pm	SPINNING PARIS D. (45)	SPINNING PARIS D. (45) ZUMBA DANIELLE B. (Thru Aug 22 nd)	SPINNING PARIS D. (45)	SPINNING PARIS D. (45) ZUMBA DANIELLE B. (Thru Aug 22 nd)			
6:30pm			CIRCUIT TRNG. Wt. Rm. JOSH K.				
7:00pm	YOGA I & II JODY H.		YOGA I & II ERIC M.				

ALL CLASSES ARE (1) ONE HOUR LONG UNLESS NOTED OTHERWISE