

GROUP FITNESS SCHEDULE
June 2008

MAIN AEROBIC STUDIO

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
8:15 am	ABS CLASS Mary Beth					*8:00 Intro Pilates MaryBeth	
8:30 a.m.	POWER PUMP Mary Beth	BOSU Cardio GLIDE Brooke	INTERVAL CONDITIONING Kaki	MAT PILATES I Brooke	AEROSTEP Mary Beth		
9:00 a.m.						FIT CAMP Linda (90 min. optional)	
9:15 a.m.	STEP & GLIDE Kaki	MAT PILATES III Susan	ZUMBA Sally	MUSCLE FORCE Terri	MAT PILATES II Sally		
10:15 a.m.	FIT 4 ALL Sally	FLEXIBLE STRENGTH Susan	YOGALATES Terri		ZUMBA GOLD Sally		YOGALATES Shannon
10:30 a.m.				POWER YOGA (90 min) Terri		ZUMBA Karen	
11:30 a.m.							11:45 Muscle Force Stacy
4:00 p.m.			GENTLE YOGA Jenny		Tai Chi SiFu Jeff		
4:30 p.m.	GENTLE YOGALATES MaryBeth						
5:00 p.m.		FIT KIDS		ZUMBA Karen			
5:15 p.m.	ABS/Wendy		ABS/Wendy				
5:30 p.m.	AERO STEP Wendy		POWER PUMP Wendy		ZUMBA Julie		
5:45 p.m.							
6:00 p.m.		ZUMBA Karen		20/20/20 Linda			
6:30 p.m.	KICKBOXING Cameron		KICKBOXING Cameron		POWER PUMP Linda		
7:00 p.m.		YOGA Shannon		YOGA Shannon			
7:30 p.m.	MAT PILATES II Brooke		YOGALATES Shannon				

*8:00 a.m. Intro to Pilates: May 10, May 31, June 21, July 12, August 2, and August 23.

CYCLING ROOM

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
5:30 a.m.		CYCLING Rose		CYCLING Rose			
8:30 a.m.						CYCLE SCULPT Julie	
9:00 a.m.		CYCLE SCULPT Terri		CYCLING Rose	75 min CYCLING Terri		10:45 a.m. CYCLE Stacy **
5:00 P.M.		CYCLING Julie					
6:00 p.m.			CYCLING Kristina	CYCLING Wendy			
6:30 p.m.	CYCLING Linda	CYCLING Cameron					

**EVERY THIRD SUNDAY CYCLING CLASS WILL START AT 10:30 AM FOR 75 MINUTES

AQUA CLASSES- Classes meet out on the pool deck.

	MON	TUES	WEDS	THURS	FRI	SAT
9:00 a.m.		WATER WORKS Kaki	3-T	WATER WORKS Stacy	3-T Julie	WATER WORKS Marcie/Kaki
5:30 p.m.						
6:15 p.m.	SOAKIN WET Marcie/Kaki	3-T				
6:30 p.m.			AQUA TRACK Rose			

EXPRESS CLASSES Only 30 min! Body Sculpt! Aerobics studio: Mon-Wed-Fri 12:15pm-12:45pm

Strapped for time? These 30 min. classes are non-choreographed intense strength workouts for those on the go. Our *Express* classes will fit into your busy schedule and still help you reach your fitness goals!

Schedule subject to change without notice. Please refer to the back of this form for class formats and descriptions. If you have any additional questions please call Terri, 352.241.7144, ext. 4204.