

# Winter/Spring Group Fitness Schedule

## January 9 - June 3, 2012

Updated: 5/1

Group Fitness Studio		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
		6:05-6:55AM	Latin Hip Hop Allen	6:05-6:55AM	Body Blast Vollie	6:05-6:55AM	Cardio Mix Jen	6:05-6:55AM	Body Blast Vollie	6:05-6:55AM	Total Body Conditioning Jen	7:00-8:15AM	Yoga Darleen	8:15-9:30AM	Yoga Darleen
		7:30-8:30AM	*Hot Shoes	8:00-9:15AM	Yoga Darleen	8:00-9:00AM	Yoga Marcy	8:00-9:15AM	Yoga Darleen	7:30-8:30AM	*Hot Shoes	8:30-9:25AM	Cardio Mix Jennifer/ Anne/Allen		
		9:15-10:15AM	Cardio & Core Dexter	9:30-10:30AM	*Hot Shoes	9:15-10:15AM	Cardio Twist Val	9:30-10:30AM	*Hot Shoes	9:15-10:15AM	Latin Hip Hop Allen	9:30-10:30AM	All STRENGTH Jennifer/ Anne/Allen		
		10:45 - 11:30AM	Silver Stretch Kay	10:45 - 11:30AM	SilverSneakers® MSROM Kay	10:45 - 11:30AM	Silver Stretch Dee	10:45 - 11:30AM	SilverSneakers® MSROM Dee						
				12:00-12:55PM	Pump It Up Tracey	12:00 - 12:50PM	Zumba Gold Jan	12:00-12:55PM	Pump It Up Ann						
		5:30-6:25PM	Body Sculpting Cathy			5:30-6:25PM	Body Sculpting Tracey			5:30-6:25PM	Cardio Kick Allen				
		6:35-7:35PM	Beginning Pilates Jen	5:30 -6:25PM	Step Challenge Plus Jennifer/Allen	6:30-7:25PM	Zumba Angela	5:30 -6:25PM	Cardio Twist Jennifer	7:00-8:00PM	*Ballroom Dancing			Note: Classes in grey require pre- registration.	
		7:45-8:45PM	Yoga Marcy	6:30-7:25PM	BootCamp Jennifer/Allen	7:45-8:45PM	Yoga Marcy	6:30-7:25PM	BootCamp Jennifer	8:15-9:15PM	*Ballroom Dancing				
Multipurpose Room		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
				6:05-6:55AM	SPIN® Maggie	6:05-6:55AM	SPIN® Maggie	6:05-6:55AM	SPIN® Maggie	6:05-6:55AM	SPIN® Julie	7:30 - 8:20AM	SPIN® Julie	8:05 - 9:00AM	SPIN®
				9:05- 10:05AM	Senior SPIN® & Stretch Tracey					9:05- 10:05AM	Senior SPIN® & Stretch Tracey	9:20 - 10:10AM	SPIN® MarySue		
		12:00-12:50PM	SPIN® Dexter	11:00 - 11:50AM	Pilates Juliet	12:00-12:50PM	SPIN® Julie	11:00 - 11:50AM	Pilates Juliet	12:00-12:50PM	SPIN® Tracey				
		1:00-1:50PM	SPIN® Julie	12:00-12:50PM	Yoga Dexter	1:00-1:50PM	SPIN® Julie	12:00-12:50PM	Yoga Dexter	1:00-1:50PM	SPIN® Ann			6:20 - 7:20PM	Youth SPIN Gina
		2:00- 4:30PM	Drop in SPIN® No Instructor	1:05-2:00PM	SPIN® Erin	2:00- 4:30PM	Drop in SPIN® No Instructor	1:05-2:00PM	SPIN® Erin	2:00- 5:10PM	Drop in SPIN® No Instructor			Note: Please stop by the Reception Desk & pick up a Spinning Yoga, and Pilates ticket before attending class.	
		4:40- 5:30PM	SPIN® Tracey			4:40- 5:30PM	SPIN® Ann	4:15 - 5:05PM	Youth SPIN Gina	5:20- 6:10PM	SPIN® Ann				
		6:00-6:50PM	SPIN® Ann	5:15 - 8:00PM	*Tae Kwon Do	6:00-6:50PM	SPIN® Julie	5:15 - 8:00PM	*Tae Kwon Do						
				8:20 - 9:15PM	Yoga Sculpt			8:20 - 9:15PM	Power Yoga						
<p><b>Note: We will not offer classes in the Group fitness studio the weekend of January 7 &amp; 8, 2012.</b>  <b>All classes are FREE for members unless marked (*) otherwise.</b></p>															