



Group Exercise Schedule

FALL 2009

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
	<u>6:15-7:00</u> Spin <i>Gina</i>		<u>6:00-7:00</u> Boot Camp <i>Steve</i>	<u>6:15-7:00</u> Spin <i>Lisa</i>	<u>8:45-9:30</u> Beginner Spin <i>Patti</i>	
	<u>9:15-10:15</u> NEW! Bender Ball <i>Patti</i>	<u>8:45-9:30</u> NEW! Zumba <i>Sharon</i>			<u>9:15-10:15</u> Belly Dancing <i>Susan</i>	<u>9:45-10:25</u> Spin <i>Lynda C.</i>
<u>10:30-11:30</u> Total Fitness <i>Patti</i>	<u>10:30-11:15</u> Senior Zumba <i>Jose</i>	<u>10:30-11:30</u> Beginning Yoga <i>Terri</i>	<u>10:30-11:30</u> Total Fitness <i>Patti</i>		<u>10:30-11:40</u> Barbell Pump <i>Noel</i>	<u>10:30-11:00</u> Bender Ball <i>Lynda C.</i>
						<u>11:00-12:00</u> Gentle Yoga <i>Lynda C.</i>
<u>12:15-1:00</u> Beginner Spin <i>Tania</i>	<u>12:15-1:00</u> NEW! Bender Ball <i>Sharon</i>	<u>12:15-12:45</u> Spin <i>Sharon</i>		<u>12:15-1:00</u> Spin <i>Linda B.</i>		<u>12:15-1:15</u> Zumba <i>Christy</i>
<u>4:00-5:00</u> Zumba <i>Sharon</i>		<u>3:15-5:15</u> Karate \$	<u>3:15-5:15</u> Karate \$	<u>3:45-4:45</u> After School Program		
<u>5:15-6:15</u> Step Aerobics <i>Lisa</i>		<u>5:30-6:15</u> Spin <i>Linda B</i>	<u>5:30-6:30</u> Barbell Pump <i>Jen</i>	<u>5:15-6:15</u> Tae-Bo <i>Shannon</i>		
<u>5:30-6:15</u> Spin <i>Sharon</i>	<u>5:30-6:30</u> Zumba <i>Jose</i>	<u>5:45-6:30</u> Butts & Guts <i>Shannon</i>				
<u>6:15-7:00</u> Muscle Sculpt <i>Lisa</i>		<u>6:30-7:30</u> Tae-Bo <i>Shannon</i>	<u>6:00-6:45</u> Spin <i>Steve</i>			
<u>7:00-7:30</u> NEW! Bender Ball <i>Lisa</i>			<u>7:00-8:00</u> Zumba <i>Jose</i>			

We reserve the right to change the schedule as needed
All Group Exercise Fitness Classes are held in the Aerobics Studio
Spinning Classes are held in the Spinning Studio