



GROUP EXERCISE FALL SCHEDULE

9/19/2011

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15am	Cycling Multi-Purpose Room 60 min./Katie		TBC Studio I, Robyn 60 min.		New! Cycle Strength Multi-Purpose Room 60 min./Katie		
7:30am						Cycling Multi-Purpose Room 60 min./Heather	
8:10am	Cycling Multi-Purpose Room 60 min./Heinz	Muscle Cond. Studio I, Heinz 60 min.		Muscle Cond. Studio I, Heinz 60 min.		ABS Studio I, Angie 8:15-8:30	Cycling Multi-Purpose Room 60 min./Heinz
8:30am	Basic Step Studio I, Val 55 min.	Cycling Multi-Purpose Room 60 min./Heather	Cycling Multi-Purpose Room 60 min./Kelly	Cycling Multi-Purpose Room 60 min./Katie	Basic Step Studio I, Val 55 min.	Step Studio I, Angie 55 min.	
			New! Cardio Blast Studio I, Melanie Meyer 55 min.		Cycling Multi-Purpose Room 60 min./Heather		
9:15am		TBC Studio I, Melanie 75 min.		TBC Studio I, Melanie 75 min.			
9:30am	Pilates Studio I, Tracy 55 min.		Pilates Melanie/Val 55 min.		Pilates Studio I, Tracy 55 min.	ZUMBA Livia/Dawn 55 min.	
10:30am	ZUMBA Dawn/Livia 55 min.		Dance X Studio I, Val 55 min.		Zumba Gold Aylin Beg/Senior 50 min.	Beg/Inter Yoga Tracy/Annette 60 min.	
11:30am						New! Nia EVERY FIRST SATURDAY Nov. 5, Dec. 3 Caz/Studio I	
12:00pm	Circuit Express Studio III, Val 45 min.	Beg/Inter Yoga Studio I, Michelle B. 60 min.	Circuit Express Studio III, Val 45 min.	Beg/Inter Yoga Studio I, Paige 60 min.			
4:30pm		Cardio Kick Studio I, Renee 60 min		Cardio Kick Studio I, Renee 60 min			
4:45pm	ZUMBA 4 TWEENS ZumbAtomic Kids 8-13 Studio I, Shelesha						
5:45pm		Muscle Cond. Studio I, Chris 60 mins.	Pilates Studio I, Karen 60 min.	Muscle Cond. Studio I, Chris 60 mins.	Beg/Power Yoga Kristin/Annette 60 mins.		
6:00pm	Cycling Multi-Purpose Room 60 min/Melanie Meyer		Cycling Multi-Purpose Room 60 min/Melanie Marcom			Studio I-located upstairs behind T.V's Studio II- lower level Studio III-lower level next to free weights	
	ZUMBA Studio I, Shelesha 55 min.						
7:00pm	Core Conditioning Studio I, Lisa W 60 min.	Beg/Int Yoga Studio I, Kristin 60 min.	ZUMBA Studio I, Lindsay 60 min	ZUMBA Studio I, Livia 60 min.		Tai Chi, Specialty Yoga and Ballroom Dance Offered as fee classes	

