



# SUMMER Group Exercise Schedule

6/21-9/12

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:20am	<b>Cycling</b> Multi-Purpose Room 60 min./Katie		<b>TBC</b> Studio I, Robyn 60 min./Robyn		<b>Cycling</b> Multi-Purpose Room 60 min./Paige		
7:30am							<b>Cycling</b> Multi-Purpose Room 60 mins/Heinz
8:05am		<b>Gentle Pilates</b> Studio II, Paige 60 min.					
8:10am	<b>Cycling</b> Multi-Purpose Room 60 min./Heinz	<b>Muscle Conditioning</b> Studio I, Heinz 60 min.	<b>Cycling</b> Multi-Purpose Room 60 min./Kelly	<b>Muscle Conditioning</b> Studio I, Heinz 60 min.		<b>ABS</b> Studio I, Angie 8:15-8:30	
8:30am	<b>Basic Step</b> Studio I, Val 55 min.		<b>Cardio Sculpt</b> Studio I, Jessica 55 min.		<b>Basic Step</b> Studio I, Val 55 min.	<b>Cycling</b> Multi-Purpose Room 60 min./Heather	
					<b>Cycling</b> Multi-Purpose Room 60 min./Heather	<b>Step</b> Studio I, Angie 55 mn.	
9:00am							
9:15am		<b>TBC</b> Studio I, Melanie 60 min.		<b>TBC</b> Studio I, Melanie 60 min.			
9:30am	<b>Pilates</b> Studio I, Tracy 55 min.		<b>Pilates</b> Studio I, Jessica 55 min.		<b>Pilates</b> Studio I, Karen 55 min.	<b>ZUMBA</b> Brenda 55 min.	
10:30am	<b>ZUMBA</b> Studio I, Ashley 55 min.	<b>ZUMBA 4 TWEENS</b> ZumbAtomic 6/22-7/27 Ages 8-13, Studio I	<b>Dance X</b> Studio I, Val 55 min.		<b>New! Zumba Gold</b> Lisa M/Aylin 55 min.	<b>Beg/Inter Yoga</b> Studio I, Tracy 60 min.	
12:00pm		<b>Cycle Express</b> Multi-Purpose Room Katie/45 min.		<b>Cycle Express</b> Multi-Purpose Room Paige/45 min.			
		<b>Beg/Inter Yoga</b> Studio I, Michelle 60 min.					
12:15pm	<b>Open Circuit</b> Studio I, Val, 45 min Age 8+ w/adult ok		<b>Open Circuit</b> Studio I, Val, 45 min Age 8+ w/adult ok				
4:15pm		<b>Cardio Kick</b> Studio I, Renee 60 min.					
5:45pm		<b>Muscle Conditioning</b> Studio I, Chris 60 mins.	<b>Pilates</b> Studio I, Karen 60 min.	<b>Muscle Conditioning</b> Studio I, Chris 60 mins.	<b>Beg/Power Yoga</b> Studio I, Michelle 60 mins.		
6:00pm	<b>Cycling</b> Multi-Purpose Room 60 min./Melanie Meyer		<b>Cycling</b> Multi-Purpose Room 60 min./Heather			<b>Studio I-located upstairs behind T.V's Studio II- lower level</b>	
	<b>ZUMBA</b> Studio I, Dawn 55 min.						
7:00pm	<b>Core Conditioning</b> Studio I, Lisa W 60 min.	<b>Power Yoga</b> Studio I, Kristen 60 min.	<b>ZUMBA</b> Studio I, Ashley 60 min.	<b>ZUMBA</b> Studio I, Shelesha 60 min.		<b>Studio III- lower level next to free weights</b>	