

Group Fitness Schedule
Effective March 1, 2007

Monday

Time	Class	Room
8:30am	Strength for Life <i>Tina</i>	1
9:30am	Step & Strength Int. <i>Beth</i>	1
9:30am	Cycling* <i>Betty</i>	CS
10:30am	Total Body Fitness <i>Jeremy</i>	1
10:30am	Struttin' Strollers* <i>Beth</i>	
12:00pm	Cycling* <i>Beth</i>	CS
4:30pm	Kidz Yoga** <i>Diane</i>	2
5:00pm	Total Body Fitness <i>Jeremy</i>	1
5:45pm	Hatha Yoga * <i>Diane</i>	2
	Cardioblast & Strength <i>Judi</i>	1
6:15pm	Cycling* Plus <i>Wendy</i>	CS
7:00pm	Pilates & Props* <i>Judi</i>	1
7:30pm	Strip Fit <i>Lisa</i>	2
8:00on	Hatha Yoga * <i>RuthAnne</i>	1

Tuesday

Time	Class	Room
6:00am	Step & Strength <i>Guy</i>	1
8:00am	Awesome Abs(45) <i>Adriana</i>	1
8:30am	Cardio Frenzy <i>Betty</i>	Fitness floor
9:15am	Pilates Mat* <i>Betty</i>	1
9:30am	Cycling* <i>Adriana</i>	CS
9:30am	PeeWee Karate**	2
10:15am	Boxing Bootcamp <i>Michelle C.</i>	1
11:00am	Jump In! <i>Michelle H.</i>	Bball court
11:15am	Hatha Yoga* <i>Ruth Anne</i>	1
5:00pm	Karate**	2
5:30pm	20/20/20 <i>Denise</i>	1
5:30pm	Cycling* Plus <i>Wendy</i>	CS
6:30pm	Body Weight Blast <i>Tad</i>	1
	Vinyasa Yoga Workout* <i>Dan</i>	1

Wednesday

Time	Class	Room
6:00am	Cycling* <i>Betty</i>	CS
8:00am	Cycling Plus* <i>Adriana</i>	CS
8:30am	Strength for Life <i>Tina</i>	1
9:30am	Pilates Mat*(45) <i>Judi</i>	2
9:30am	Cycling* <i>Adriana</i>	CS
10:15am	Cardio Sculpt <i>Judi</i>	1
10:30am	Hatha Yoga* <i>Colette</i>	2
12:30pm	Cycling* <i>Kelly</i>	CS
4:15pm	Total Body Kidz** <i>Jeremy</i>	1
5:00pm	Total Body Fitness <i>Jeremy</i>	1
6:00pm	Pilates Principles* <i>Jeanna</i>	1
7:00pm	Jump In! <i>Michelle H.</i>	1
7:30pm	Step & BOSU <i>Beth</i>	1
7:30pm	Hatha Yoga* <i>Leslie</i>	2

Thursday

Time	Class	Room
6:00am	Step & Strength <i>Guy</i>	1
6:00am	Cycling* <i>Susan</i>	CS
9:15am	Plex Flex <i>Betty</i>	1
10:15am	Pilates Mat*(45) <i>Betty</i>	1
11:00am	Jump In!	Bball

Friday

Time	Class	Room
6:00am	Cardioblast Interval <i>Judi</i>	1
8:30am	Strength for Life <i>Tina</i>	1
9:30am	Pilates/Yoga Fusion* <i>Colette</i>	1
9:30am	Cycling* <i>Kelly</i>	CS
9:30am	Strip Fit	2

Saturday

Time	Class	Room
8:30am	Cycling Plus* <i>Adriana</i>	CS
8:30am	Hatha Yoga *(Int.)90 <i>Colette</i>	1
9:45am	Cycling* <i>Adriana</i>	CS
10:00am	Hi/Lo & Strength <i>Judi</i>	1
10:00am	Pilates Principles*	2

	<i>Michelle H.</i>	court	
11:00am	Gentle Kripalu Yoga	1	
	<i>Panna</i>		
5:00pm	Karate**	2	
6:30pm	Cycling*	CS	
	<i>Rob</i>		
6:30pm	Functional Fitness	1	
	<i>Jeremy</i>		
	Vinyasa Yoga		
7:30pm	Workout*	1	
	<i>Dan</i>		

	<i>Lisa</i>		
9:30am	Struttin' Strollers*		
	<i>Beth</i>		
10:30am	Hatha Yoga*(Int.)	1	
	<i>Colette</i>		

	<i>Jeanna</i>		
4:00pm	Kidz Hip-Hop**	1	
	<i>Jill</i>		

Sunday		
Time	Class	Room
8:30am	Cycling Plus*	CS
	<i>Adriana</i>	
9:45am	Cycling*	CS
	<i>Adriana</i>	
9:00am	Hatha Yoga* (90)	1
	<i>Leslie/RuthAnne</i>	
11:45am	Total Body Fitness	1
	<i>Tad</i>	

All classes are 55 minutes in length unless noted in their description.

Please plan to arrive to class on time (10 minutes early for Cycling).

* Fee for Non-Members./ ** Fee for Members and Non-Members.