



GROUP EXERCISE SCHEDULE

Effective: Tuesday, January 10, 2012

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 a.m.				SPIN (Eileen)			
6:00 a.m.		BODYPUMP (Jenn)	BODYFLOW (Kathy)	BODYCOMBAT (Elaine)	BODYSTEP (Jen)	BODYPUMP (Sharon)	
			SPIN (Debby)		SPIN (Heather)		
8:00 a.m.	BODYSTEP (Jan)	BODYVIVE (Elaine)	STEP INTERVAL (Sandy)	BODYVIVE (Heather)	STEP INTERVAL (Sandy)	*TONE/SPIN (Cheryl M)	SPIN (Lisa)
	SPIN (Rotate)		DEEP WATER (Elaine)		A New Spin on Water (Cari-Lynn)	WATER/MOTION (Elaine)	
8:15 a.m.				WATERWORKS (Jenn)			
8:30 a.m.							ZUMBA (Sharon)
9:00 a.m.	BODYPUMP (Claudia)	BODYSTEP (Stacie)	BODYCOMBAT (Mary)	WATER/MOTION (Elaine)	BODYPUMP (Claudia)	ZUMBA (Elaine)	
		WATERWORKS (Kelly)		BODYSTEP (Jen)	TAI CHI (Susan) [A]	WATERWORKS (Brenda)	
					SPIN (Lisa)		
10:00 a.m.		BODYFLOW (Stacie)		BODYFLOW (Mary)		BODYFLOW (Elaine)	MUSCLE MIX (Tracy)
10:15 a.m.		CHAIR EX (Sandy) [A]			CHAIR EX (Sandy) [A]		
10:30 a.m.	Essential Movement Pilates (Nicolle)						
11:15 a.m.		SENIOR FIT (Elaine)	ZUMBA GOLD (Sharon)	SENIOR FIT (Dottie)		SENIOR FIT (Brenda)	
5:30 p.m.		BODYCOMBAT (Jen)	BODYVIVE (Mary)	MUSCLE MIX (Tracy)	BODYVIVE (Jan)		
		SPIN (Rotate)					
6:15 p.m.			SPIN (Heather)		SPIN (Debby)		
6:30 p.m.			BODYPUMP (Tress)	YOGA (Steve) [EC]	BODYFLOW (Susan)		
6:45 p.m.		ZUMBA (Susan)					
7:05 p.m.			AQUA CHALLENGE (Marje) 15 min. op. deep water running		WATER/MOTION (Cassy)		



*Fri.-Tone/Spin=8-8:45am-Tone (small balls, hand weights) 8:45-9:30am-Spin
 Spinning classes are all 1 hour, no fee
 [A] Auditorium
 [EC] Early Childhood Common area