

## SCHEDULE OF CLASSES

### FITNESS CLASSES – STUDIO I

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 a.m.	5:30 Power Kick-boxing 1hr. Leah	5:15 Boot Camp <u>1 hr. Staff</u> 5:30 Cardio Step 1 hr. Kari	5:30 Power Kick-boxing 1hr. Leah	5:15 Boot Camp <u>1 hr. Staff</u> 5:30 Cardio Step 1 hr. Kari	5:30 Power Kick-boxing 1hr. Leah	
9:00 a.m.	Total Step 1 hr. Kari	Total Step 1 hr. Cathy		Total Step 1 hr. Kari		
10:00 a.m.	Body Bar 45 min. Patty	Body Bar 30 min. Patty		Body Bar 30 min. Patty		
10:30 a.m.		Sr. Cardio Strength 1 hr. Patty		Sr. Cardio Strength 1 hr. Patty		
5:00 p.m.	Iron Abs & Glutes 30 min. Jackie		Iron Abs & Glutes 30 min. Jessica			
5:30 p.m.		Cardio Step 1 hr. Michelle				

### CYCLING – CYCLING STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00 a.m.	5:15 Cycle 1 hr. Bob		5:15 Cycle 1 hr. Stephanie		5:15 Cycle 1hr. Jim	
9:15 a.m.		Cycle Lite 45 min. Lisa				

### YOGA / PILATES – YOGA ROOM

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 a.m.		<i>Yoga Fitness</i> 1 hr. Lindsay		<i>Yoga Fitness</i> 1 hr. Lindsay		
8:30 a.m.		Yoga Flow 1 hr. Joanne	Yoga 1 hr. Joanne	Yoga Flow 1 hr. Joanne		
9:00 a.m.					Pilates/ Yoga Mix 1 hr. Jessica	Yoga For Stress Relief 1 hr. Elaine
9:30 a.m.		Beginning Pilates 45 min. Joanne		Beginning Pilates 45 min. Joanne		10:00 Mat Pilates 45 min. Staff
4:30 p.m.	Mat Pilates 1 hr. Patty		Mat Pilates 1 hr. Patty			
5:30 p.m.	<i>Athletic Yoga</i> 1 hr. Jessica	Yoga (5:45) 1 hr. Charelene	<i>Athletic Yoga</i> 1 hr. Jessica	Yoga (5:45) 1 hr. Charelene		

### MULTI-PURPOSE POOL

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 a.m.	Aqua Aerobics 1 hr. Amy		Aqua Aerobics 1 hr. Amy		Aqua Aerobics 1 hr. Amy	
7:45 a.m.			Water Volleyball 1 hr. Vickie			
9:00 a.m.	Aqua Attack 1 hr. Suzanne	Aqua Ball 1 hr. Vickie	Aqua Aerobics 1 hr. Suzanne	Water Cardio/Aqua Ball 1 hr. 15 min. Vickie	Aqua Strength/Power 1 hr. Suzanne	
1:00 p.m.	Sr. Aqua Aerobics 1 hr. Vickie		Sr. Aqua Aerobics 1 hr. Jennifer		Sr. Aqua Aerobics 1 hr. Patty	
3:00 p.m.	Arthritis 1 hr. Peggy		Arthritis 1 hr. Peggy		Arthritis 1 hr. Peggy	
5:30 p.m.	Aqua Aerobics 1 hr. Class		Aqua Aerobics 1 hr. Wendy		Aqua Aerobics 1 hr. Wendy	