

Group Exercise Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-6:30am Weight Training Scott Haulser		5:30-6:30am Weight Training Claudia				
	6:30-7:30am Weight Training Eve		6:30-7:30am Weight Training Eve	6:30-7:30am Core-flex Eve		
10:00-11:00am Body Sculpt Shelley			10:00-11:00am Body Sculpt Shelley	8:30-9:30am Aqua Aerobics Claudia	9:45-10:45am Step Eve, Jodie, Nina	
					10:45-11:45pm Body Sculpt Reggie	
12:00-1:00pm Step Doug Ziska	12:00-1:00pm Body Sculpt Eve	12:00-1:00pm Cardio Kickboxing Doug Ziska	12:00-1:00pm Cardio Boxing Paul	12:00-1:00pm Triple Threat Claudia		
	12:00-1:00pm MMA Mania Paul / Steve		12:00-1:00pm Step It Up Karen			
6:00-7:00pm Aqua Aerobics Linda		6:00-7:00pm Aqua Aerobics Linda	6:00-7:00pm Aqua Aerobics Alice		Monday's, Wednesday's & Friday's "Recess" 10:00- 11:00am Basketball Court Paul Lewis/ Scott Hausler	

SPIN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:00-7:00am Randy		6:00-7:00am Randy			
6:30-7:30am Scott		6:30-7:30am Scott		6:30-7:30am Victoria		
					8:30-9:00am Beginning Spin Randy	
					9:00-10:00am Advanced Spin Randy	
12:00-1:00pm Scott	12:00-1:00pm Claudia	12:00-1:00pm Scott		12:00-1:00pm Scott		

YOGA/PILATES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:30am Yoga Kathryn		6:30-7:30am Yoga Mary				
				7:00-8:00am Yoga Flow Karen		
8:00-9:00 am Power Stetch Scott Hayes		8:00-9:00 am Yoga Scott Hayes			8:30-9:30am Pilates Peggy	
9:00-10:00 am Power Stetch Scott Hayes	9:00-10:00am Yoga Lejeanne		9:00-10:00am Pilates Lejeanne	9:00-10:00am Pilates Anna Bullis	9:30-10:30am Yoga Dianne	
10:00-11:00am \$\$ Pilates Reform Lejeanne			10:15-11:15am \$\$ Pilates Reform Lejeanne			
11:00-12:00pm Pilates Mat Shelley				11:00-12:00pm Pilates Sandra		
1:15-1:45pm Power Stretch Scott Hayes		1:15-1:45pm Power Stretch Scott Hayes		1:15-1:45pm Power Stretch Scott Hayes		
	6:00-7:00pm Yoga Connie		6:00-7:00pm Yoga Connie			

New Classes, Time or Instructor Changes Highlighted