

Fitness Class Schedule
Winter 2010

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45 AM	Group Cycling Gail	Power Sculpt Marisa		Power Pump Gail	Group Cycling Marissa	
7:30 AM						Group Cycling Hidee/Gail
8:00 AM	Power Pump (8:15) Jenn		Power Pump (8:15) Hidee		Gentle Yoga Sue	8:30 Muscle Madness Hidee/Gail
9:00 AM		Adults on the Move Amy		Adults on the Move Anya		
9:15 AM	Silver Sneakers® Amy		Silver Sneakers® Hidee		Silver Sneakers® Sue	9:30 Inner Strength Yoga John
10:30 AM	Swimnastics Amy	Swimnastics Anya	Swimnastics Amy	Swimnastics Anya	Swimnastics Amy	
12:05 PM	Power Sculpt Anya		Power Sculpt Jenn	Belly Dancing Shazar	Power Pump Jenn	
1:00 PM		Pilates Jenn		Pilates Amy		
5:30 PM	ABSolutely Abs (15 min) Cheryl	ABSolutely Abs (25 min) Gail Family Water Aerobics Anya	ABSolutely Abs (15 min) Cheryl	ABSolutely Abs (25 min) Gail Family Water Aerobics Amy	ABSolutely Abs (15 min) Cheryl	
6:00 PM	Step & Tone Cheryl Group Cycling Gail	Intro to Yoga Gail	Step Kickboxing Cheryl Group Cycling Jenn	Inner Strength Yoga Gail	Zumba Cheryl Group Cycling Karen Begins 1/15	
7:05 PM	Power Sculpt/Fit Camp Gail	Cardio Kickboxing Anya	Zumba Cheryl	Fit Camp (In the Gym) Jenn		

All Fitness classes are subject to change. Classes are suitable for all levels, check with your instructor.
Classes with fewer than 2 participants are held at the discretion of the instructor.