

Fitness Class Schedule Summer 2010

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|----------------|--|------------------------------------|-----------------------------------|--|--------------------------------------|-----------------------|
| 5:45AM | Group Cycling Gail | Power Sculpt Marisa | | Power Pump Gail | Group Cycling Marisa | |
| 7:05AM | | | | | | Group Cycling Jenn |
| 8:00AM | 8:15 Power Pump Jenn | | 8:15 Power Pump Hidee | | Gentle Yoga Sue | |
| 9:00AM | | Adults On the Move Anya | | Adults On the Move Anya | | |
| 9:15AM | Silver Sneakers® Amy | | Silver Sneakers® Hidee | | Silver Sneakers® Sue | |
| 10:30AM | Swimnastics Amy | Swimnastics Anya | Swimnastics Amy | Swimnastics Anya | Swimnastics Amy | |
| 12:05AM | Power Sculpt Anya | | Power Sculpt Jenn | Belly Dancing Shazar (TBA) | Power Pump Jenn | |
| 1:00PM | | Pilates Jenn | | Pilates Amy | | |
| 5:30PM | ABSolutely Abs (15 min) Cheryl | ABSolutely Abs (25 min) Gail | ABSolutely Abs (15 min) Cheryl | ABSolutely Abs (25 min) Gail | ABSolutely Abs (15 min) Cheryl | |
| | | Family Water Aerobics Anya | | Family Water Aerobics Amy | | |
| 6:00PM | Step & Tone Cheryl | Intro To Yoga Gail | Step Kickboxing Cheryl | Inner Strength Yoga Gail | Zumba Cheryl | |
| | Group Cycling Gail | | Group Cycling Jenn | | Group Cycling Karen | |
| 7:05PM | Y Be Fit Gail Registration required | Cardio Kickboxing Anya | Zumba Cheryl | Y Be Fit (In the Gym) Jenn Registration required | | |

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