

**Schedule Effective 9/1/10**

**Group Exercise Schedule**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am-6:30am	<b>Cycle</b> Ken (B)	<b>Boot Camp</b> Julie (A)	<b>Cycle</b> Ken (B)	<b>Boot Camp</b> Julie (A)	<b>Cycle</b> Julie (B) <b>Body Weight Challenge</b> AG (A)		
8:00am-8:55am						<b>Zumba</b> Shana (A)	
8:30am-9:25am	<b>Step &amp; Strength</b> Stacy (A) <b>Tai Chi</b> Jim (M)	<b>Step &amp; Strength</b> Diane (A) <b>Introduction to Pilates (30 Min)</b> Lori (M)	<b>Step &amp; Strength</b> Stacy (A)	<b>Boot Camp</b> Juliet (A)	<b>Kickboxing</b> Shelly (A)		
9:00am-9:55am						<b>Cycle</b> Sheryl/Anita(B) <b>Step &amp; Core</b> Shelly/Jan(A)	
9:30am-10:25am	<b>Pilates</b> Stacy F.(A)	<b>Kickboxing</b> Stacy (A)	<b>Pilates</b> Stacy F.(A)	<b>Zumba</b> Deann (A)	<b>Yoga</b> Jan (A)	<b>Pi-Yo</b> Lori (M)	
9:30am-10:30am	<b>SilverSneakers</b> Jan (M)	<b>AOA</b> Lori (M) <b>Cycle</b> Cindy (B)	<b>SilverSneakers</b> Lori C.(M)	<b>AOA</b> Jan (M) <b>Cycle</b> Kelly (B)	<b>Silver Sneakers</b> <b>Yoga Stretch</b> Leslie (M)		
9:30am-10:30am							
10:00am-11:00am	<b>Cycle</b> Kelly (B)		<b>Cycle</b> Sheryl (B)		<b>Cycle</b> Catrina (B)	<b>Cycle</b> Amber/Karen (B)	
10:30am-11:25am	<b>Flex</b> Martha (A)	<b>Flex</b> Leslie (A)	<b>Flex</b> Martha (A)	<b>Flex</b> Deann (A)	<b>Flex (A)</b> Martha		
10:30am-11:30am	<b>Gentle Yoga</b> Terry (B)	<b>Kids Yoga</b> Kimmie (M)		<b>Yoga</b> Angie (M)		<b>Yoga</b> Anita (A)	
11:30am-11:55pm	<b>Core Express</b> Martha (A)		<b>Core Express</b> Martha (A)		<b>Core Express</b> Martha (A)		
12:00pm-1:00pm	<b>Yoga</b> Manisha (A)	<b>Cycle</b> Toni (B)	<b>Yin Yoga</b> Jan (A) <b>Homeschool PE</b> Catrina (M)		<b>Homeschool PE</b> Paul (M)		
4:30pm-5:00pm				<b>Kids Yoga</b> Manisha (A) 30 minutes			
5:30pm-6:25pm	<b>Flex</b> Julie (A)	<b>Step &amp; Strength</b> Lori (A)	<b>Flex</b> Janet (A)	<b>Step &amp; Strength</b> Jan (A) <b>Tai Chi</b> Jim (M)			
6:30pm-7:25pm	<b>Cycle</b> Sheryl (B) <b>Step &amp; Strength</b> Leigh Ann (A)	<b>Cycle</b> Amber (B)	<b>Pilates</b> Lori (M)	<b>Introduction to Step (30 min)</b> Jan (A) <b>Cycle</b> Amber (B)			
7:00PM-8:00PM	<b>Pilates</b> Alex (M)	<b>Basic Zumba</b> Shana (A) 30 minutes					
7:30pm-8:30pm	<b>Zumba</b> Jasmine(A)	<b>Yoga</b> Terry (M) <b>Flex</b> Alex (A)	<b>Zumba Tone</b> Shana (A)	<b>Yoga</b> Anita (M) <b>Flex</b> Leslie (A)			

(A) Group Exercise Room (B) Cycle Room (M) Multi-purpose Room