

GROUP EXERCISE SCHEDULE

EFFECTIVE: MONDAY, FEBRUARY 5, 2012

DAY				EVENING			
MONDAY							
Time	Upper Gym	Lower Gym	Studio	Time	Upper Gym	Lower Gym	Studio
6:00-7:00AM	Circuit Class - RON			4:30-5:45PM	Cardio Fusion LORI		
8:30 - 9:30am	STEP SHARON	Pilates-DENISE		5:15-6:00PM		BUTTS & GUTS JEAN	
9:30 - 10:00AM	Butts & Guts SHARON			6:00-7:15M	CARDIO KICK Lisa		Indoor Cycling Katie
9:30 - 10:30AM		CARDIO/ABS BARB		6:30 - 7:45PM		TOTAL BODY Ann Marie	
11:00-12:00AM		L. COMBO-Pat/Susan		7:30-8:30PM	LI/B.S. - MISTY		
TUESDAY							
Time	Upper Gym	Lower Gym	Studio	Time	Upper Gym	Lower Gym	Studio
5:30-7:00AM			"FLEX SPIN" Ed	5:00-6:00PM	ZUMBA WITH NICOLE		5:30 - 6:15PM Indoor Cycling KITTY
6:00-7:00AM	C. COMBO-Judi			5:30 - 6:30PM		Cardio Fusion PATTY	
8:00-9:30AM		Fundamentals of Pilates - ROZ		6:15-7:00PM	POWER Sculpt KITTY		
9:00 - 10:00AM	Cardio Fusion KATHY	9:30-11:00AM PILATES - ROZ		7:30-8:30PM	HI/LO/B.S.- Misty		
10:30-11:15AM	SR. Cond-Karen						
WEDNESDAY							
Time	Upper Gym	Lower Gym	Studio	Time	Upper Gym	Lower Gym	Studio
6:00 - 7:00AM	CIRCUIT - Ron			4:30-5:30PM	Cardio/Ball LORI		
8:30 - 9:30AM	Body Shaping DENISE	KICK & STEP SHARON		5:30 -6:15PM		CARDIO PUMP Dorothy	
9:30-10:00AM		Body Sculpt SHARON		6:00 - 7:00PM	ZUMBA MARISA		
9:30 - 10:30AM	ZUMBA NICKY			7:00-8:00PM			Indoor Cycling Katie
11:00-12:00PM		Lite Combo -Pat		7:30-8:30PM	Interval Step-Misty		
THURSDAY							
Time	Upper Gym	Lower Gym	Studio	Time	Upper Gym	Lower Gym	Studio
5:30-7:00AM			"Flex Spin" - ED	4:30 - 5:30PM	C. Scuptl- Jeannie		
5:45 - 7:00AM		CARDIO - JUDI		6:00 - 7:00PM	Cardio Fusion-PATTY		
8:00-9:30AM		Fundamentals of Pilates - ROZ		6:00 - 7:00PM		YOGA SHARON	
9:00- 10:00AM	Cardio Fusion Kathy	9:30 - 11:00AM PILATES ROZ		7:00-8:15PM		PILATES Ann Marie	
10:30-11:15AM	Sr.Cond-Karen			7:30-8:30PM	STEP - Misty		
FRIDAY							
Time	Upper Gym	Lower Gym	Studio	Time	Upper Gym	Lower Gym	Studio
5:30-7:00AM			"Flex Spin" - ED	4:30-5:30PM		Cardio/BS-Alt. Instructors	
6:00 - 7:00AM	CIRCUIT - Ron			5:00 - 6:00PM	ZUMBA with ALEX		
9:30-11:00AM	Step & Strength JENNY						
10:15-11:15AM		Body Shaping Lynn					

WEEKEND SCHEDULE

<i>SATURDAY</i>			
Time	Upper Gym	Lower Gym	Studio
8:30-10:00AM	Basic Training/ CPK - GUNNY		
8:45-10:00AM		STEP SHARON	9:00-10:00AM Cycling - Katie
10:00-11:15AM	Body Shaping Kitty/Lori/ Jean	10:00-11:30 Power Yoga LISA	
<i>SUNDAY</i>			
10:00-11:30AM	One Step Beyond- JUDI	10:00 - 11:00 Body Shaping DENISE	

CLASS KEY

B.S. - Body Shaping	L.I./ABS - Low Impact/Abdominal Work
B.S.+ - Body Shaping Plus	L.I./B.S. - Low Impact/Body Shaping
Body Definition - Total Body Workout	LI/SCULPT - Low Impact/Sculpt
Cardio Fusion - mixture of various types of aerobics, body sculpting & pilates	O.S.B. - One Step Beyond
C.C. - Circuit Class	S.A. - Step Aerobics
C. P.K. - Cardio Power Kick	Sr. Cond. - Senior Conditioning
C/Sculpt - Cardio Sculpt	
Flex Spin - Three 1/2 hour segments - 3 levels	
I.S.T. - Interval Step Training	
I.C. - INDOOR CYCLING	
LC. - LITE COMBO	