



Group Exercise Schedule – Effective September 7, 2010

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6:00am Spin M.C.	5:45am BodyPump M.C.	6:00am BodyPump JoAnn	5:45am BodyPump M.C.	6:00am Spin M.C.	8:00am BodyPump Victor	9:00am BodyPump Tim or Sue
6:00am Step/Wts. JoAnn	9:00am Powersculpt Terri	6:00am Spin M.C.	9:00am Splash Barb	6:00am BodyPump Sue	9:00am Splash Barb	
9:00am BodyPump Lou-	9:00am Splash Barb	9:00am Splash JoAnn	9:00am Powersculpt Terri	9:00am BodyPump Lou	9:30am Spin Terri	
9:00am Splash Nancy	9:15am Spin Sandy	9:00am Wt.Train Barb	9:15am Spin JoAnn	9:00am Splash Nancy	11:00am BodyPump Denise	
10:30am LoCardio Nancy	10:00am HAT/MVe Terri	10:00am Step Barb	9:30am Chair Ex. Nancy	9:15am Yoga Terri		
10:30am Splash Terri	10:30am Splash Nancy	10:30am Spin Denise	10:00am HAT Terri	10:30am LoCardio Nancy		
10:30am Spin Denise	10:30am Func.Fitness Sue K.	12:15pm BodyPump Denise	10:30am Splash Nancy	10:30am Splash Terri		
12:15pm BodyPump Sue	11:45am BodyPump JoAnn	5:00pm Yoga Karin	10:30am Func.Fitness Sue K.	10:30am Spin Denise		
12:15p Spin Sandy	12:15pm Pilates II Robin	5:15pm BodyPump JoAnn	12:15pm Pilates II Sue K.	11:30am Bosu Sue K.		Class Key:
4:45pm BodyPump Tim	5:30pm BodyPump Varies	6:00pm Spin Karen	12:15p Spin Denise	6:00pm Yoga-Karin		Group Exercise Studio
5:00pm Yoga Karin	6:00pm Pilates Sue K	6:00pm Training Camp-Sue K	12:30pm BodyPump Lou			Yoga Studio
6:00pm Spin Karen	6:30pm Splash Kathi D.		5:15pm MVe Sue K.			Spin Studio
6:30pm BodyPump Victor-	7:00pm WalkLive JoAnn		5:30p Spin-Tony			Pool
			6:30pm Splash-Julie			Hydrafit Equipment
			6:30pm BodyPump JoAnn			