



Group Exercise Schedule – Effective February 5, 2012

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:40am CXWORX JoAnn	5:40am BP-80 Express M.C.	6:00am BP-80 JoAnn	5:40am Best of BP M.C.	6:00am Spin M.C.	8:00am Best of BP Victor	9:00am Best of BP Tim or Sue
6:00am Spin M.C.	6:00am Yoga - Karin	6:00am Spin – M.C.	6:00am Yoga-Karin	6:00am Best of BP Sue or Tim	9:00am WIM Barb	9:00am WIM Barb
6:15am (45 min) Step / JoAnn	6:30am CXWORX- M.C.		6:40am CXWORX-M.C.			
9:00am Splash Nancy	9:00am Powersculpt Terri	7:05am CXWORX JoAnn	9:00am Splash Barb	7:05am CXWORX Sue or Tim	9:05am CXWORX Victor	10:05am CXWORX Sue or Tim
9:10am Best of BP Lynn	9:00am Splash Barb	9:00am WIM JoAnn	9:00am Powersculpt Terri	9:00am Splash Nancy	9:30am Spin Terri	11:00am Best of BP Lynn
10:15am CXWORX Lynn	9:00am ZUMBA Angela	9:00am Wt.Train Barb	9:15am Spin JoAnn	9:00am Yoga Terri	11:00am BP-80 Denise	12:05pm CXWORX Lynn
10:30am Spin Denise	9:15am Spin JoAnn	10:00am Step (45mins) Barb	9:30am Chair Ex. Nancy	9:10am BP-80 Lynn		
10:30am Splash Terri	10:00am HAT/MVe Terri	10:30am Spin Denise	10:00am HAT Terri	10:15am CXWORX Lynn		
10:50am LoCardio-Nancy	10:30am Splash-Nancy	12:15pm Best of BP-Denise	10:30am Splash-Nancy	10:30am Spin-Denise		
12:15pm BP-80 Sue	10:30am Func.Fitness Sue K.	5:00pm Yoga Karin	10:30am Func.Fitness Sue K.	10:30am WIM Terri		More ZUMBA Classes Coming Soon!
12:15pm Spin Terri	11:40am Best of BP- Express-JoAnn	5:00pm Best of BP- Express-JoAnn	11:40am CXWORX-Sue 12:15pm Pilates II-Sue K	10:50am LoCardio (60 mins)-Nancy		Class Key:
4:45pm Best of BP Tim	12:15pm Pilates II K.C.	5:30pm Training Camp-Sue K	12:15pm ZUMBA Angela	12:00pm Bosu Sue K.		Group Exercise Studio
5:00pm Yoga-Karin	12:30pm CXWORX JoAnn	5:50pm CXWORX JoAnn	12:15pm Spin Denise	5:15pm Best of BP Lynn		Yoga Studio
5:50pm CXWORX Tim	5:15pm BP-80 Deanna	6:00pm Spin Karen	5:15pm MVe/HAT Sue K.	6:00pm Yoga-Karin		Spin Studio
6:00pm Spin-Karen	6:00pm Pilates Sue K.	6:30pm WIM-JoAnn	5:30pm Spin-Tony	6:20pm CXWORX Lynn		Pool
6:30pm Splash-Instr Varies	6:20pm CXWORX-Deanna	6:30pm Zumba- K.C.	6:30pm Splash-Sue K.			Hydrafit Equipment
6:30pm BP-80-Vic	6:30pm Splash-Instr Varies		6:30pm Best of BP-Jo			
7:35pm CXWORX -Vic	7:00 pm WalkLive JoAnn		7:35pm CXWORX-Jo			