

## FITNESS CLASS SCHEDULE

Aerobic Schedule Effective February 1, 2010					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00-6:00am Boot Camp	5:15-6:00am Cycling	5:15-6:00am PiYo Sculpt	5:15-6:00am Cycling	5:00-6:00am Boot Camp	
					7:45-8:45am Step&Sculpt
8:00-9:00am *A.O.A- Step	8:00-9:00am *A.O.A-Cycling	8:15-8:55am Zumba	8:00-9:00am *A.O.A-Sculpt	8:00-9:00am *A.O.A-Back&Abs	9:00-9:45am Cycling
9:05-10:05am Step	9:05-9:50am Body Sculpt	9:05-10:05am Step&Sculpt	9:05-9:50am Body Sculpt	9:05-10:05am Step & Sculpt	9-9:45am Zumba
10:15-11:05am Yoga Multi-Purpose Room	9:55-10:40am Zumba		9:55-10:40am Zumba	10:15-11:00am Fitness Yoga	10:00-10:45am Yoga Sculpt
11:15-12:05pm Cycle Box	11:20-12:00pm Pilates Mix	11:15-12:05pm Cycle Box/ Kickboxing	11:20-12:00pm Pilates Mix	11:15-12:05pm Cycle Box	
12:10-12:30 pm CoreConditioning	12:05-12:50pm Cycling	12:10-1:00pm Fitness Yoga/ Yoga Sculpt	12:05-12:50pm Boot Camp	12:10-12:30pm CoreConditioning	Sunday
		<b>3:45-4:15pm</b> Kid's Fitness			
4:30-5:15pm Aerobic Blast	4:30-5:00pm Boot Camp	4:30-5:15pm Aerobic Blast	4:30-5:00pm Cycling	4:30-5:15pm Cycle Box	1:00-1:50pm Boot Camp
5:20-5:35pm Awesome Abs	5:05-5:35pm Zumba	5:20-5:35pm Awesome Abs	5:05-5:35pm Zumba		2:00-2:45pm Pilates Mix
	5:10-6:00pm Fitness Yoga (MultiPurpose Room)		5:10-6:00pm Fitness Yoga (MultiPurpose Room)		
5:45-6:45pm Boot Camp	5:40-6:25pm Cycling	5:45-6:45pm Boot Camp	5:40-6:25pm Cycling		
6:50-7:35pm PiYo	6:30-7:15pm Kickboxing	6:50-7:45pm Zumba	6:30-7:15pm Kickboxing		
<b>6:30-7:30pm</b> <b>Multi-Purpose</b> <b>Room</b>	7:20-8:00pm Pilates Mix		7:20-8:00pm Pilates Mix		
<b>Ballroom Dancing</b>					

Class Schedule may be subject to change. If you are new to a class, please call to confirm schedule. New fitness class schedules will be available at the Reception Desk. Classes are subject to cancellation due to low attendance.

***Ballroom Dancing Classes must be registered for at the Front Desk. Please see brochure for detailed descriptions and dates.***