

# Group Exercise Schedule . . . September 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-7:00am Boot Camp Yvette	6:00-7:00am Chisel Katie H.	6:00-7:00am Boot Camp Katie H.	5:30-6:30am Spinning® (S/I) Chelsey	6:00-7:00am Boot Camp Danielle	7:45-8:45am Spinning® (I) Marty	8:30-9:30am Spinning® (I) Rebecca
6:00-7:00am Spinning® (S) Andria	6:00-7:00am Spinning® (AT) Terri P.	6:00-7:00am Spinning® (I) Jodi	6:00-7:00am Bosu Conditioning Terri P.	6:00-7:00am Spinning® (S) Terri P.	<b>8:30-9:30am NEW!!! Powersculpt Myk</b>	8:30-9:30am Definitions Molly
9:00-10:00am Liquid Fit (Pool) Taryn	9:00-10:00am Gymstick™ Power(Pool) Christina	9:00-10:00am Aqua Kickbox (Pool) Cathy W.	7:00-8:00am Spinning® (I) Mariah	9:00-10:00am Deep Water (Pool) Bobbi	9:00-10:00am Liquid Fit (Pool) Nancy	9:00-10:00am Deep Water (Pool) Cathy H.
9:00-10:00am Power Sculpt Myk	9:30-10:30am BodyPUMP® Cathy W.	9:00-10:00am Power Sculpt Jessica	9:30-10:30am BodyPUMP® Cathy W.	9:00-10:00am YAH Hi/Lo II Adrienne	9:00-10:00am Spinning® (S/I) Lori	9:40-10:40 am Step Challenge (Level II-III) Molly
10:15-11:15pm BodyPUMP® TD	9:30-10:30am Spinning® (I) Katie K.	10:15-11:15am Bootcamp Jessica	9:30-10:30am Spinning® (S/I) Jenn	9:00-10:00am Spinning Accelerator Kim M.	9:40-10:40am Bosu Conditioning Terri P.	<b>9:45-11:15am Spinning® (E) NEW!!! Juli W.</b>
11:00-12:00pm YAH Cardio Fit Julie B. (MB)	10:30-11:30am Treadmill Trekking Cathy W. (NC)	12:00-1:00pm Spinning® (S) Julie Z.	10:30-11:30am Treadmill Trekking Cathy W. (NC)	<b>10:15-11:15am NEW!!! Chisel Kim M.</b>	10:15-11:15am Spinning® (S/I) Jon	11:00-12:00pm BodyPUMP® Candice
12:00-1:00pm Zumba Suzanne	10:45-11:45am Prenatal Sculpt Ashley C.	12:00-1:00pm Zumba Stephanie	12:30-1:30pm BodyPUMP® Joy	11:30-12:30pm BodyPUMP® Candice	10:50-11:50am Zumba Stephanie	
12:00-1:00pm Spinning® (I) Julie Z.	12:00-1:00pm BodyPUMP® Jackie	4:20-5:20pm Step Challenge (Level II-III) Candice	1:00-2:00pm Liquid Fit (Indoor Pool) Terri	12:00-1:00pm Spinning® Jon (I)	12:00-1:00pm BodyPUMP® Lorry	
5:30-6:30pm Spinning® (AT) Colleen/Caylene	1:00-2:00pm Liquid Fit (Indoor Pool) Cathy H.	5:30-6:30pm Spinning® (I) Mariah/Marty	<b>4:30-5:30pm Ski Conditioning NEW!!! Taryn</b>		1:00-2:00pm Liquid Fit Molly (Indoor Pool)	
5:30-6:30pm BodyPUMP® Joy	<b>4:30-5:30pm Ski Conditioning NEW!!! Molly</b>	5:30-6:30pm BodyPUMP® Candice	6:00-7:00pm Spinning® (I) Whitney		<p><b>All classes are held in the Aerobic Studio unless otherwise noted. (NC: North Cardio), (M/B: Mind Body Studio)</b></p> <p><b>Participants must sign up for all Spinning® and Treadmill classes due to limited equipment. Sign up begins 30 minutes prior to class.</b></p> <p><b>All studios will remain locked until 30 minutes prior to each class.</b></p> <p><b>For safety purposes, classes are closed 15 minutes after scheduled start time.</b></p> <p><b>Infants, younger than 8 weeks, are allowed in the Prenatal Sculpt class only. However, infants must remain in their carriers in the designated area, free of equipment at all times.</b></p>	
6:15-7:15pm Liquid Fit (Pool) Abby	5:45-6:45pm Definitions Caylene		6:15-7:15pm Deep Water (Pool) Cathy H.			
	6:00-7:00pm Spinning® (S) Mike					
<p><b>Beginner Spinning® Orientation will be held on Tuesday, September 21 at 12:00pm.</b> See Reverse side for class descriptions.</p>						