

JAN-MAR 2007

GROUP FITNESS SCHEDULE

	MIND BODY STUDIO 2nd Floor	GROUP FITNESS STUDIO 4th Floor	SPIN CYCLE STUDIO 4th Floor	INDOOR POOL 3rd Floor
Monday	8:45am-9:55am Power Yoga —Stephanie 10:05am-11:00am Senior Strength —Dawn 11:10am-12:00pm Ab Lab —Dawn 12:15pm-1:15pm Meditative Stretch —Dawn 6:00pm-7:00pm Pilates Mat —Shannon	6:00am-7:00pm Circuit Training —TBA 8:45am-9:55am Fitness Fusion L 2&3 —Janet 10:30am-11:25am Fitness Fusion L 1&2 —Julia 11:30am-12:15pm Ballet Core —Win 12:15pm-1:15pm Ballet Fitness —Win 2:00pm-3:00pm Pilates Allegro L 2 (\$) 3:00pm-4:00pm Pilates Allegro L 1 (\$) 5:00pm-5:45pm Tone & Cycle —TBA 6:00pm-7:00pm Afro/Brazilian —Tika 7:15pm-8:30pm Dance Series, Belly Dance (\$)	10:00am-11:00am Cycle Circuit L 2&3 —Janet 5:45pm-6:30pm Tone & Cycle —TBA 7:15pm-8:00pm Cycle Express —Shannon	8:30am-9:30am Aquacise —Olga 6:00pm-7:00pm Joint Motion —Erica
Tuesday	9:00am-9:55am Exercise for Every Body —Stephanie 10:00am-11:00am Pilates Mat —Janie 11:10am-12:10pm Gentle Yoga —TBA 12:15pm-1:30pm Vinyasa Yoga —Lori 6:30pm-7:25pm NIA —Chris 7:30pm- 8:45pm Hatha Yoga —Puni	7:15am-8:15am Tai Chi —Calvin 9:00am-9:55am Cardio Dance L 1&2 —Elizabeth 10:00am-10:55am Total Tone L 1&2 —Sheila 11:00am-11:55am Oy-mama Fitness —Elizabeth 4:30pm-5:30pm Core Fusion L 1&2 —Karen 6:00pm-7:00pm Kickbox L 2&3 —Paula	6:00am-7:00am Wake Up & Ride —TBA 9:15am-10:00am Cycle Express —Sheila 6:15pm-7:15pm Group Cycle —TBA	9:00am-10:00am Water Stretch —Rose 2:30pm-3:30pm Arthritis (\$) —Erica 6:00pm-7:00pm Aquacise
Wednesday	7:15am-8:30am Hatha Yoga —Kathleen 8:45am-9:55am Power Yoga —Stephanie 10:05am-11:00am Senior Strength —Dawn 12:15pm-1:15pm Meditative Stretch —Dawn 1:20am-3:30pm ECE Class 4:30pm-5:45pm Yin Yoga —Izy 6:00pm-7:00pm Pilates Mat —Shannon	6:00am-7:00pm Circuit Training —TBA 8:45am-10:00am Fitness Fusion L 2&3 —Janet 11:10am-12:00pm Ab Lab —Dawn 12:15pm-1:15pm Ballet Fitness —Win 5:00pm-5:55pm Tone & Cycle —TBA 6:00pm-7:00pm Afro/Brazilian —Tika 7:15pm-8:10pm Pilates Allegro (\$) —TBA	10:00am-11:00am Cycle Circuit L 2&3 —Janet 5:45pm-6:30pm Tone & Cycle —TBA 7:15pm-8:00pm Cycle Express —Shannon	8:30am-9:30am Aquacise —Olga 1:30pm-2:30pm Fit to the Core —Jocelyn
Thursday	9:00am-9:55am Exercise for Every Body —Stephanie 10:00am-11:00am Pilates Mat —Janie 11:10am-12:10pm Gentle Yoga —TBA 12:15pm-1:30pm Vinyasa Yoga —Lori 1:45pm-2:45pm ECE Class 6:30pm-7:25pm NIA —Julia 7:30pm-8:45pm Vinyasa Yoga —Phyllis	7:15am-8:15am Tai Chi —Calvin 9:00am-9:55am Cardio Dance L 1&2 —Elizabeth 10:00am-10:55am Total Tone L 1&2 —Sheila 11:00am-11:55am Oy-mama Fitness —Elizabeth 4:30pm-5:30pm Core Fusion L 1&2 —Stephanie 6:00pm-7:00pm Kickbox —Paula 7:15pm-8:15pm Boot Camp (\$) —Paula	6:00am-7:00am Wake Up & Ride —TBA 9:15am-10:00am Cycle Express —Sheila 6:15pm-7:15pm Group Cycle —Christina	9:00am-10:00am Water Stretch —Rose 2:30pm - 3:30pm Arthritis (\$) —Kathy 6:00pm-7:00pm Aquacise
Friday	9:00am-9:55am Pilates Mat —Molly 10:05am-11:00am Senior Strength —Dawn 4:30pm-5:45pm Yin Yoga —Izy	6:00am-7:00pm Core Fusion —TBA 8:45am-10:00am Fitness Fusion L 2&3 —Janet 10:30am-11:45am Ballet for Adults (\$) 12:15pm-1:15pm Abs & Stretch —Dawn 1:30pm-2:30pm Pilates Allegro L 2 (\$) 2:30pm-3:30pm Pilates Allegro L 1 (\$)	10:00am-11:00am Cycle Circuit L 2&3 —Janet 12:00pm-1:00pm Cycle to the Beat L 1 —Elizabeth	8:30am-9:30am Aquacise —Olga
Saturday	8:30am-9:30am Pilates Mat —Beth 9:45am-11:15am Vinyasa Yoga —Lori	9:00am-10:00am Kickbox —Janet 10:00am-11:00am Afro/Caribbean —Robert 11:15am-12:15am Pilates Allegro (\$) —TBA	9:30am-10:30am Group Cycle —Jamie	
Sunday	8:30am-9:45am Flow Yoga —Phyllis 11:00am-12:15pm Iyengar Yoga —Laura	9:00am-10:00am Core Fusion —Elizabeth/Karen 10:00am-11:00am NIA —Phyllis	10:00am-11:00am Cycle Stretch —Elizabeth	