

January 9- February 19, 2012

Group Ex Schedule

All un-shaded classes are included in the FULL membership. Shaded classes require a fee. Pool classes require registration. Space is limited in classes. Bikes may be reserved up to 1 day in advance (Monday classes on Saturday). You must arrive to cycling classes 5 minutes prior to class start to keep bike reservation. Schedule subject to change. Last updated 1/9/2012. MR= Multi Room AC= Activity Center CR= Cycle Room INT= Intermediate Level

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
Boot Camp 5:30-6:30am Kevin/Gina/Gym	Cycle & Abs 5:30-6:30am Courtney	Boot Camp 5:30-6:30am Kevin/Gina/Gym		Boot Camp 5:30-6:30am Kevin/Gina/Gym	
Swimnastics 9:00-10:00am POOL/Register!	Pre/Post Natal 9:15-10:00am POOL/Register!	Swimnastics 9:00-10:00am POOL/Register!	Pre/Post Natal 9:15-10:00am POOL/Register!	Masters Swim 9:30-11:00am POOL/Register!	Masters Swim 7:30-8:30am POOL/Register!
Cardio & Sculpt 9:20-10:15am Kim	Zumba 9:20-10:15am Heather	Turbo Party 9:20-10:15am Kristen	Cardio Interval 9:20-10:15am Micki	Step & Sculpt 9:20-10:15am Micki	WL Support 7:30-9:00am Susan Bday Rm
Group Cycling 9:30-10:15am Susan	Group Cycling 9:30-10:15am Lisa	Pilates 9:30-10:25am Melissa-MR	Preschool Yoga 9:15-10:00am 3-5yo MR	Group Cycling 9:30-10:15am Jennifer	BRICK 7:30-8:30am Dawn
Fitness Yoga 10:25-11:20am Karen	Breathe & Meditate 10:15-11:15a Shila- MR	Cycling & Abs 10:25-11:25am Micki	Spanish 10:00-10:45am 3-5 yo- AC	TRX Susp. Train 10:20-11:00am Kristen/CR	Bag Basics 8:15-9:00am Terre/ MR
	Cardio Interval 10:25-11:10am Gina	Deep Water Fit 10:15-11:15am POOL/Register	Zumba 10:25-11:10am Heather	Fitness Yoga 10:25-11:20am Allene	Hard Core 8:30-9:10am Liz
	Pre-Ballet 1 11:15-12:00pm Myrria 3-4yo	Pre-Ballet 2 10:20-11:20am Myrria 4-5yo	Pre-Tap 11:15-12:00pm Myrria 3-4yo	Dance Beginning 10:15-11:00am Heather 3-5 MR	TRX Susp. Train 8:35-9:15am Lisa /CR
	Pre-Ballet 3 12:15-1:15pm Myrria 4-5yo	Pre-Ballet 1 11:25-12:15pm Myrria 4-6yo		Aqua Boot Camp 10:30-11:10am 1/20 & 2/17	Sm. Group PT 9:00-10:00am Kristen- INT
	Pre-Ballet 2 1:15-2:15pm Myrria 4-5yo	Kinder Tap 1:15-2:15pm Myrria 4-5yo		Aqua Aerobics 11:00-11:45am POOL/Register!	Zumba 9:15-10:00am Karen
Ballet 1 4:45-5:40pm Myrria 8-12yo				Dance Ensemble 4:45-6:45pm MR 545-645	Spd Strength Agility 9:15-10:00am Susan- Gym
Hip Hop k-4 4:45-5:30pm Heather MR	Dance Ensemble 4:45-6:15pm Chelly gd 1-4	Dance Ensemble 4:45-6:15pm Chelly gd 5-8	Spanish 5:30-6:25pm Gd 1-4/ CR	Beginner Ballet 5:45-6:40pm Myrria Ages 5-7	Group Cycling 9:30-10:30am Liz
Hip Hop 5-8gd 5:35-6:20 pm Heather MR	Sculpt & Core 5:30-6:20pm Jennifer		Step N Tone 5:30-6:15pm Micki	Zumba 6:45-7:30pm Liz	SUNDAYS
Strength & Stch. 5:45-6:45pm Myrria 8-12yo CR	Step & Sculpt 6:30-7:25pm Kim			WL Challenge 6:30-8:30pm Kevin/Lisa G.	Group Cycling 9:15-10:00am Rotates
Zumba 5:45-6:30pm Karen	Group Cycling 6:30-7:15pm Jennifer	Cardio Interval 6:20-7:15pm Liz	Turbo Kick 6:20-7:15pm Kristen	Aqua Zumba 7:00-8:00pm 1/20 & 2/17	
Combat Kick 6:35-7:25pm Terre	Deep Water Fit 7:00-7:45pm POOL/Register!	Stress Mgmt. 6:30-7:30pm Carrie-CR	Deep Water Fit 7:00-7:45pm POOL/Register!		
Group Cycling 7:00-7:55pm Lisa B.	Bag Basics 7:15-8:00pm Angela/ MR	Fitness Yoga 7:15-8:15pm Allene- MR	Group Cycling 6:30-7:15pm Katie		
Hatha Yoga 7:30-8:45pm Neeta	Belly Dance 7:30-8:25pm Minerva	Pumped Up 7:20-8:15pm Kim	Hatha Yoga 7:20-8:30 pm Neeta		

