

GROUP EXERCISE



Group Exercise Schedule

Fall 2011: Aug. 29-Nov. 21

Revised 9/26/2011

Time	Monday
9am	Video Series: Chalean Extreme (Studio 3)
11:15am	Swim Fit Christina
12:15pm	Fat Burning Cycle (Studio 3) Grace
12pm	Water Works (PH Indoor Pool) Cathy
2pm	Video Series: P90X (Studio 3)
4:15pm	Zumba (Studio 2) Wendy
4:30pm	Women's Self Defense (Studio 3) Brett
5:30pm	Turbokick (Studio 2) Kris
5:35pm 15 min	Glider Sculpt (Studio 3) Wendy
6pm	Precision Cycling (Studio 3) Dennis
6:35pm 15 min	Fab Abs (Studio 2) Kris
7pm	Circuit Kickbox (Studio 2) Sarah
7:15pm	HIT It (Studio 3) Bobby

Time	Tuesday
7am	Tai Chi (Studio 2) Brett
9am	Video Series: Chalean Extreme (Studio 3)
11:15am	Deep Training (PH Indoor Pool) Cathy
12:15pm	Ball Fusion (Studio 2) Shari
12pm	Water Works (PH Indoor Pool) Cathy
2pm	Video Series: P90X (Studio 3)
4pm 15 min	Fab Abs (Gym) Phylecia
4:15pm	Hip Hop Hustle (Studio 2) Lauren N.
4:30pm	Tight & Toned (Weight Room) Phylecia
5:30pm	Turbokick (Studio 2) Christina
5:35pm 15 min	Cycle Fundamentals (Studio 3) Amy
6pm	Total Body Cycle (Studio 3) Amy
6:35pm 15 min	Butts & Guts (Studio 2) Sarah
7pm	Muscle Pump (Studio 2) Sarah
7:15pm	Self Defense (Studio 3) Michael

Time	Wednesday
9 am	Video Series: Chalean Extreme (Studio 3)
11:15am	Swim Fit Christina
12:15pm	Viniyasa Yoga (Studio 2) Nancy
12pm	Water Works (PH Indoor Pool) Laurie
2pm	Video Series: P90X (Studio 3) Laura
4:15pm	Turbokick (Studio 2) Kris
4:30pm	Women's Self Defense (Studio 3) Brett
5:30pm	Athletic Blast (Studio 2) Nancy
5:35pm 15 min	TRX Training (Studio 3) Lauren H.
6pm	Performance Cycle (Studio 3) Lauren H.
6:35pm 15 min	Butts and Guts (Studio 2) Becca
7pm	Zumba (Studio 2) Becca
7:30pm	Rappelling (Studio 3 and Climbing Wall)
7:30pm	Pilates with Props (Studio 1) Shari

Time	Thursday
7am	Tai Chi (Studio 2) Brett
9am	Video Series: Chalean Extreme (Studio 3)
11:15am	Deep Training (PH Indoor Pool) Shari
12:15pm	Tight & Toned (Weight Room) Grace
12pm	Water Works (PH Indoor Pool) Shari
2pm	Video Series: P90X (Studio 3)
4:15pm	Athletic Blast (Studio 2) Phylecia
5pm	Cardio Tennis (TWU Tennis Courts) Ruben and Linh
5:30pm	Zumba (Studio 2) Becca
6pm	Total Body Cycle (Studio 3) Amy
6:35pm 15 min	Fab Abs (Studio 2) Becca
7pm	Turbokick (Studio 2) Kris
7:15pm	Self Defense (Studio 3) Michael
7:30pm	Yoga Pro (Studio 1) Heather

Time	Friday
12:15pm	Fat Burning Cycle (Studio 3) Grace
12pm	Water Works (PH Indoor Pool) Laurie
2pm	Video Series: P90X (Studio 3)
4:15pm	Advanced Turbokick (Studio 2) Lauren N.

Time	Sunday
2pm	Rejuvenate with Yoga (Studio 2)
3pm	Cardio Tennis (TWU Tennis Courts) Ruben and Linh
4:15pm	Hip Hop Hustle or Turbokick (Studio 2) Lauren N.

Please Note:
During peak times, we will use armbands for class check in.

Lunch classes = 45min.

Instructor /class format subject to change without notice.

Questions?
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