



Group Exercise Schedule

Nov. 28-Dec. 10, 2011

Time	Monday
11:15am	Swim Fit Christina
12pm	Water Works (PH Indoor Pool) Cathy
12:15pm	Fat Burning Cycle (Studio 3) Grace
2pm	Video Series: P90X (Studio 3)
4:15pm	Zumba (Studio 2) Wendy
4:30pm	Tai Chi (Studio 3) Brett
6pm	Precision Cycling (Studio 3) Dennis
6:35pm 15 min	Fab Abs (Studio 2) Kris
7pm	Circuit Kickbox (Studio 2) Sarah

Time	Tuesday
12pm	Water Works (PH Indoor Pool) Cathy
12:15pm	Ball Fusion (Studio 2) Shari
2pm	Video Series: P90X (Studio 3)
4:15pm	Hip Hop Hustle (Studio 2) Lauren
4:30pm	Tight & Toned (Weight Room) Christina/Michelle
6pm	Total Body Cycle (Studio 3) Amy
6:35pm 15 min	Butts & Guts (Studio 2) Sarah
7pm	Muscle Pump (Studio 2) Sarah

Time	Wednesday
11:15am	Swim Fit Christina
12pm	Water Works (PH Indoor Pool) Laurie
12:15pm	Viniyasa Yoga (Studio 2) Nancy
2pm	Video Series: P90X (Studio 3)
4:15pm	Turbokick (Studio 2) Kris
5:30pm	Pilates + Yoga (Studio 2) Shari
6:35pm 15 min	Butts and Guts (Studio 2) Becca
7pm	Zumba (Studio 2) Becca

Time	Thursday
12pm	Water Works (PH Indoor Pool) Shari
12:15pm	Muscle Pump (Studio 2) Grace
2pm	Video Series: P90X (Studio 3)
5:30pm	Zumba (Studio 2) Becca
6:35pm 15 min	Fab Abs (Studio 2) Becca

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

