

GROUP EXERCISE SCHEDULE



Group Exercise Schedule

January 17-March 16, 2012



Times	Mon	Tue	Wed	Thu	Fri	Sun
11:15am <i>PH pool</i>	Swim Fit Christina R.	Deep Training Cathy	Swim Fit Christina R.	Deep Training Shari		
12:00pm <i>PH pool</i>	Water Works Cathy	Water Works Cathy	Water Works Laurie	Water Works Shari	Water Works Laurie	
12:15pm <i>Studios vary</i>	Cardio Core (<i>Studio 3</i>) Shari	Step + Nancy	Yoga (<i>Studio 3</i>) Nancy	Muscle Pump Grace	Fat Burning Cycle (<i>Studio 1</i>) Grace	
1pm <i>Studio 3</i>		Video Series: Insanity		Video Series: Insanity		
2pm <i>Studio 3</i>	Video Series: P90X 1 and 2	Video Series: P90X 1 and 2	Video Series: P90X 1 and 2	Video Series: P90X 1 and 2	Video Series: P90X 1 and 2	Restorative Yoga Heather
3:15pm <i>Studio 3</i>	Video Series: Jillian Michaels		Video Series: Jillian Michaels		Video Series: Jillian Michaels	
4:15pm <i>Studio 2</i>	Zumba * Wendy	PiYo Christina S.	Hip Hop Hustle * Lauren N.	Turbokick Lauren N.	Cybex Circuit Christina S. (<i>Weightroom</i>)	
4:30pm <i>Studio 3</i>	Women's Self Defense Brett	Tai Chi Brett	Women's Self Defense Brett	Tai Chi Brett		KEY: Shaded classes are 20-30 min. long.
5:20pm <i>Studio 2</i>	Fab Abs Wendy	Core n More Christina	Fab Abs Lauren N.	Butts and Guts Lauren N.		
5:45pm <i>Studio 2</i>	Turbokick Kris	Zumba * Ruben/Gloria	Turbokick Kris	Zumba * Becca		* Classes require an armband.
6pm <i>Studio 1</i>	Precision Cycle Dennis	Fat Burning Cycle Taylor	Performance Cycle Lauren H.			
6:15 pm <i>Studio 3</i>	Cardio Kickbox Sarah	Cardio Core Shari	PiYo Lauren N.			
6:50pm <i>Studio 2</i>		Butts and Guts Ruben/Gloria		Fab Abs Becca		
7:30pm <i>Studios vary</i>	Muscle Pump w/TRX (<i>Studio 3</i>) Sarah	Yoga I (<i>Studio 3</i>) Shari	Zumba * (<i>Studio 2</i>) Becca	Yoga II (<i>Studio 3</i>) Shari		Zumba * (<i>Studio 2</i>) Ruben/ Gloria

The Countdown to Spring Break has begun!

new this Spring...

Beach Body Blast: Reg. begins 1/17/12. Classes begins 2/6/12. 6 weeks M-Th from 6:30-7:30am. \$50 Prizes Available!