

Group Fitness Schedule

Fall 2009

August 24 - December 4, 2009

\$65.00- Descriptions on back



Studio A

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:00 - 5:00 pm				Zumba Star			
5:15-6:15pm		Step Marcia/Amy					

Studio B

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 - 7:30 am	Indoor Cycling Richard				Indoor Cycling Cynthia		
8:00 - 9:00 am					Cycle/Yoga Fusion (8-9:15) Gina/Morgann		
11:00 - 11:45am		Treadfit (Fitness Center) Gina					
12:00 - 12:45 pm	Duathlon Erika	Body Tone Express Judy	GRAVITYinterval Larissa	Body Tone Express Hope	GRAVITYinterval Morgann		
4:00 - 5:00 pm	Zumba Star			Urban Dance Moves Larry			
5:15 - 6:15 pm	Cycle Tone Nancy	Indoor Cycling Erika	Ride n Glide Laura & Carolyn				
6:30 - 7:30 pm	Cardio Kickboxing Amy	Body Tone Darby	SWEAT & Burn Larissa				

Studio C

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:00 - 1:00 pm	Step n Tone Jenna	Zumba Tayloe	Intro to Pilates (12-12:45) Julianne				
2:30 - 3:30 pm		Pilates Dana		Pilates Andrea			
4:00 - 5:00 pm	Boot Camp Lydia		BOSU Blast Nancy	BOSU Blast Judy			
5:30 - 6:30 pm				Boot Camp Diane			
6:15 - 7:15 pm	Power Yoga Gina		Power Yoga Gina				

Drop-In Water Fitness ONLY - \$45.00

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:45 - 7:30 am		H₂O Xtreme Georgia		H₂O Xtreme Georgia			
12:00-12:45pm		H₂O Xtreme Mercedes		H₂O Xtreme Kristy			
5:30 - 6:30 pm	H₂O Xtreme Georgia		H₂O Xtreme Rudy		H₂O Xtreme Stephanie/Lauren		

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:45 - 7:30 am	Deep Water Fitness Judy		Deep Water Fitness Judy		Deep Water Fitness Judy		

Deep water fitness classes are held in the diving well of the competition pool and H₂O Xtreme classes are held in the leisure pool.