

Group Exercise Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Main Aerobic Studio						
	5:45 AM Muscle Conditioning Delight		5:45 AM STEP 'N TONE Delight			
		7:30 AM Cardio Tone Extreme Sue	7:30 AM Muscle Conditioning Laura		7:30 AM CARDIO KICKBOX Jane	
8:30 AM *BARBELL PUMP Sue	8:30 AM BOOT CAMP Laura	8:30 AM *BARBELL PUMP Sue	8:30 AM BOOT CAMP Laura	8:30 AM Cardio Tone Extreme Jane	8:30 AM ZUMBA Betsy/Danika	8:30 AM Muscle Conditioning Delight
9:30 AM Muscle Conditioning Phil	9:30 AM CARDIO KICKBOX Jane	9:30 AM Zumba Lisa	9:30 AM CARDIO AND CORE Delight	9:30 AM Muscle Conditioning Delight	9:30 AM *BARBELL PUMP Sue	9:30 AM CARDIO and CORE Sue
10:30 AM Zumba Betsy	10:30 AM ZUMBA Betsy		10:30 AM STEP Paula			
		4:30 PM ZUMBA AND TONE Alice				
5:30 PM *BARBELL PUMP Laura	5:30 PM Muscle Conditioning Phil	5:30 PM TO THE CORE Laura	5:30 PM Muscle Conditioning Delight			
6:30 PM HIP-HOP Amy	6:30 PM CARDIO KICKBOX Toni	6:30 PM BOOT CAMP Sergio	6:30 PM ZUMBA Danika	6:00 PM BOOT CAMP Sergio		
7:30 PM Muscle Conditioning Nicole	7:30 PM ZUMBA Danika	7:30 PM HIP-HOP Jess				Classes are 55 min in length

Cycling Studio

5:45 AM Joe	5:45 AM Robyn	5:45 AM Robyn	5:45 AM Joe	5:45 AM Robyn		
8:30 AM Delight	7:30 AM Delight		8:30 AM Sue	8:30 AM Jean	8AM Lyn	8AM Dani
9:30 AM Sue	9:30 AM Toni	9:30 AM Judy	9:30 AM Phil	9:30 AM Hailey	9:30 AM Jean	9:30 AM Delight
		12noon Robin F/Jess				
5:30 PM Delight	5:30 PM Jean	5:30 PM Joe	5:30 PM Judy	5:30 PM Jess		
6:30 PM Spin Plus Joe	6:30 PM Phil	6:30 PM Delight	6:30 PM Toni			

Yoga/Pilates Studio on the 4th floor

8:30 AM PILATES Patty	8:30 AM HATHA FLOW Kat	8:30 AM PILATES Patty	8:30 AM VINYASA Christina	8:30 AM POWER YOGA Mary	8:30 AM PILATES Jean	
9:30 SLOW FLOW Kat	9:30 AM PILATES Alice	9:30 AM PILATES Alice	9:30 AM Pilates Sue	9:30 AM PILATES Jean	10:30 AM YOGA STRETCH Christina	10:30 AM POWER YOGA Amanda
				<div style="text-align: center;"> <p style="color: orange; font-weight: bold; font-size: 1.2em;">FALL SCHEDULE</p> <p style="font-weight: bold;">EFFECTIVE SEPT. 7, 2010</p> </div>		
	4:30 PM PILATES Jean	5:30 AM PILATES Mary	5:30 PM PILATES/YOGA Kat	<div style="text-align: center;"> <p style="color: blue; font-weight: bold;">Hours of Operation</p> <p style="color: blue; font-weight: bold;">M- F 5AM-10PM Sat. & Sun 6AM-6PM</p> </div>		
6:30 PM PILATES Delight	6:30 PM VINYASA FLOW Amanda	6:30 PM VINYASA FLOW Mary	6:30 PM VINYASA FLOW Ali			

* This class currently limited to 19 slots and requires a sign up. Please arrive early, sign up is at the front desk.

* **New classes and changes to the schedule are highlighted in orange**