

Tentative Fall 2009 Group Exercise Schedule

Classes begin Monday, August 31, 2009

Monday & Wednesday

Yoga	6:30am – 7:30am	Studio 3
Group Cycling	6:30am – 7:30am	Studio 1
Boot Camp	7am – 8am	Studio 2
PIYO	8:30am – 9:30am	Studio 3
Step Aerobics	10am – 11am	Studio 2
Kickboxing	Noon – 1pm	Studio 2
Group Cycling	12:30pm – 1:30pm	Studio 1
Pilates	12:30pm – 1:30pm	Studio 3
Low-n-Lean	1:15pm – 2:15pm	Studio 2
BOSU	3:15pm – 4:15pm	Studio 2
Group Cycling	3pm – 4pm	Studio 1
20-20-20	4:15pm – 5:15pm	Studio 3
Core Spin	5:15pm – 6:15pm	Studio 1
Pilates	5:30pm – 6:30pm	Studio 3
TurboJam	6:30pm - 7:30pm	Studio 2
Kickboxing	6:45pm – 7:45pm	Studio 3
Group Cycling	7:30pm – 8:30pm	Studio 1
Step Aerobics	7:45pm – 8:45pm	Studio 2
PIYO	8pm – 9pm	Studio 3
Beginner Hip Hop Aerobics	9pm – 10pm	Studio 2
Yoga	10pm – 11pm	Studio 2
Intermediate Hip Hop Aerobics	9:30pm – 10:30pm	Studio 3

Tuesday & Thursday

Group Cycling	6:30am – 7:30am	Studio 1
Pilates	7am – 8am	Studio 3
Zumba	8:30am – 9:30am	Studio 3
TurboJam	10am – 11am	Studio 2
Group Cycling	11:30am – 12:30pm	Studio 1
Yoga	12:30pm – 1:30pm	Studio 3
Gutts & Butts	12:30pm – 1:00pm	Studio 2
Low Impact/Body Sculpting	1:00pm – 2:00pm	Studio 2
Kickboxing	1:45pm – 2:45pm	Studio 3
PIYO	4:30pm – 5:30pm	Studio 2
Group Cycling	5:15pm – 6:15pm	Studio 1
BOSU	5:30pm – 6:30pm	Studio 3
Step Aerobics	6:30pm – 7:30pm	Studio 2
Zumba	6:45pm – 7:45pm	Studio 3
Group Cycling	7pm – 8pm	Studio 1
Kickboxing	7:30pm – 8:30pm	Studio 2
Yoga	8:45pm – 9:45pm	Studio 3
Group Cycling	9pm – 10pm	Studio 1
Yoga	9:50pm – 10:50pm	Studio 3

Friday

Group Cycling	10am – 11am	Studio 1
Group Cycling	12pm – 1pm	Studio 1
Pilates	12:30pm – 1:30pm	Studio 3
PIYO	5:15pm – 6:15pm	Studio 3

Saturday

Yoga	10am – 11am	Studio 3
Pilates	12pm – 1pm	Studio 3
Group Cycling	12:30pm – 1:30pm	Studio 1

Sunday

Pilates	11:20am – 12:20pm	Studio 2
Yoga	12:30pm – 1:30pm	Studio 2
Group Cycling	6:30pm – 7:30pm	Studio 1

Classes will not be held on the following dates:

Monday, September 7 All classes

Wednesday, November 24 Classes after 6pm

Nov. 26-29, 2009 All Classes

Last day of classes is December 3, 2009