



Group Exercise Schedule January 2012

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am					Sport Conditioning Aaron		
6:15am		Zumba Alex		Zumba Alex			
6:30am					CSI Aaron		
8:30am	Zumba Gold Barbara				Zumba Gold Barbara		
8:45am			Strong Hjalmar				
9:30am		BodyPump Karin		BodyPump Karin			
10:00am	Senior Cardio Shauna		Senior Cardio Shauna		Senior Cardio Shauna	Body Pump Magen	
10:45am		Zumba Tabitha		Zumba Tabitha			
11:00 am						Zumba Tere	
5:30pm	BodyPump Iva		BodyPump Magen		BodyPump Iva		
6:00 pm		BodyPump Beth		BodyPump Iva			
6:30pm	Step Up Phil		Kickboxing Magen				
7:00 pm		Family Zumba Phil					
7:30pm	Zumba Tere		Zumba Tere				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am				Cycle Brandi			
9:00am	Cycle Cori		Cycle Cori				
9:30am					RPM Lizbeth	Cycle Cori	
10:00am	Cycle Cori	Cycle Cori	RPM Lizbeth	Cycle Cori			
6:00pm		Family Cycle Sherri		Family Cycle Sherri			
6:30pm	Cycle Sherri						
7:15pm		RPM Beth					
7:30pm	RPM Beth						

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:15am	Kinesis Circuit	Kinesis Circuit	Kinesis Circuit	Kinesis Circuit	Kinesis Circuit		
10:00am					Cardio & Kinesis Aaron		
10:30am		Ab Lab Aaron		Ab Lab Aaron			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30am			Zumba Gold Barbara		Pilates Lisa	Family Yoga Seymour/Betty Jane	
9:30am	Pilates Lisa						
10:30am	Beginning Yoga Molly	Advanced Yoga Emily	Beginning Yoga Molly	Hatha Yoga Seymour	Beginning Yoga Molly		
11:30am		Flow Yoga Seymour		Flow Yoga Seymour			
5:00pm		Stretch Shauna		Stretch Shauna			
5:30pm		Step N Sculpt Shauna		Step N Sculpt Shauna			
6:30pm	Beginning Yoga Rachel		Advanced Yoga Emily				
7:30pm					Relaxing Yoga Seymour		