

# Fitness Class Schedule Spring II 2012 (4/15/2012-6/9/2012)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 - 9:00 am <b>Zumba Tone</b> Large Gym Susan	6:00 - 6:45 am <b>Group Cycling</b> Dance Studio Jenn	6:00 - 6:45 am <b>Group Cycling</b> <b>Lisa</b> ----- <b>\$TABATA\$</b> <b>Paid Class</b> Small Gym	6:00 - 6:45 am <b>Group Cycling</b> Dance Studio Jenn	6:00 - 6:45 am <b>Group Cycling</b> <b>Lisa</b> ----- <b>\$TABATA\$</b> <b>Paid Class</b> Small Gym	9:00 -10:00 am <b>Flow Yoga</b> Small Gym Nicole	8:00a.m <b>Cycling</b> Dance Studio Jenn
9:00 - 9:30 am <b>Zumba Express</b> Large Gym Susan	9:00-10:00am <b>\$Boot Camp\$</b> Paid Class Dance Studio/Cathy ----- 10:00 -11:00 am <b>Step</b> Small Gym Carol	9:15 -10:00 am <b>Mat Pilates</b> Dance Studio Laura ----- 10:00 -11:00 am <b>Cardio Burn</b> Small Gym Carol	9:30-10:30am <b>\$Boot Camp\$</b> Paid Class PT Studio/Jay ----- 10:00 -11:00 am <b>Step</b> Small Gym Carol	9:15 -10:00 am <b>Intermediate Pilates</b> Dance Studio Laura ----- 11:30-12:15 pm <b>Silver Sneakers</b> Small Gym Erica	9:30-10:30am <b>\$Boot Camp\$</b> Paid Class PT Studio/Jay ----- 10:00 -11:00 am <b>Cardio Burn</b> Small Gym Carol	9:00 - 10:00 am <b>Intermediate PIYO</b> Dance Studio Jenn
9:30 -10:30 am <b>Mat Pilates</b> Small Gym Rose	11:30 -12:30 pm <b>Silver Sneakers</b> Small Gym Cathy	11:15 -12:15 pm <b>Hatha Yoga</b> Dance Studio Jenn	11:15-11:45am <b>Abs Class</b> PT Studio Lara ----- 11:30 -12:15 pm <b>SilverSneakers</b> Small Gym Erica	4:30-5:15pm <b>Family Circuit</b> Large Gym Lara	11:45 -12:30 pm <b>Silver Sneakers</b> Dance Studio Lilian	10:10 -11:10 am <b>Step/Cardio Kickboxing</b> Dance Studio Rose/Amy
10:00-11:00am <b>Cycling</b> Dance Studio Susan/Lisa	6-7:00pm <b>\$Boot Camp\$</b> Paid Class PTStudio	11:30 -12:15 pm <b>Silver Sneakers</b> Small Gym <u>Cathy</u> 4:30-5:15pm <b>Family Circuit</b> Large Gym Lara	6:00-7:00p.m. <b>Group Cycling</b> Steve ----- <b>\$Boot Camp\$</b> Paid Class PT Studio	5:00-5:45pm <b>\$TABATA\$</b> <b>Paid Class</b> Dance Studio Jenn	6-7:00pm <b>\$Boot Camp\$</b> Paid Class PTStudio	
*This schedule is subject to change without notice	6:00 -7:00 pm <b>Group Cycling</b> Dance Studio Erica	5:00-5:45pm <b>\$TABATA\$</b> <b>Paid Class</b> Dance Studio Jenn	6:00 pm-7:00 pm <b>Pilates Sculpt</b> Back Dance Studio Lisa	6:00 - 7:00 pm <b>Group Cycling</b> Dance Studio Steve	6:00 - 7:00 pm <b>Group Cycling</b> Dance Studio Susan	
	6:30-7:30pm <b>Zumba</b> Large Gym Sue	6:00 - 7:00 pm <b>Group Cycling</b> Dance Studio Jenn	6:30-7:30 pm <b>Zumba</b> Large Gym Zach	7:00 - 8:00 pm <b>PIYO</b> Dance Studio Jenn	6:30-7:30pm <b>Zumba</b> Large Gym Zach	
	7:00 - 8:00 pm Yoga Dance Studio Nicole	7:00-8:00pm <b>Cardio Kickboxing</b> Large Gym Amy	7:00-8:00pm <b>Nia</b> Dance Studio Valerie			

