

Group Fitness Schedule - Summer - Jun 21 - Sept 3, 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AMPED 6:00-6:45 AM Tony●SA	All Terrain Spin 6:00-6:55 AM Kathy●Spin Studio	AMPED 6:00-6:45 AM Tony●Gym B	All Terrain Spin 6:00-6:45 AM Candi●Spin Studio	A.M.PED 6:00-6:45 AM Tony●Outside	All Terrain Spin 7:00-7:55 AM Kathy●Spin Studio	
Body Fusion 7:00-7:40 AM Julie●SA	Abs Only 7:00-7:15 AM Kathy●Spin Studio	Yoga/Budokon 6:00-6:55 AM Eric●SA	Abs Only 6:45-7:00 AM Candi●Spin Studio	Hatha Yoga Int. 6:00-6:55 AM Joan●SA	Mat Pilates 7:45-8:25 AM Staff●SA	Full Matrix 9:30-10:25 AM Staff●SA
Master Strength & Conditioning 7:45-8:25 AM Cathy●SA	Hatha Yoga 7:00-7:55 AM Debra●SA	WillPower & Grace 7:00-7:40 AM Lisa●SA	Hatha Yoga 7:00-7:55 AM Caitlin●SA	Cardio Step 7:00-7:40 AM Julie●SA	All Terrain Spin 8:00-8:55 AM Kathy●Spin Studio	Hatha Yoga 10:30-11:25 AM Saralyn●SA
Hatha Yoga 8:30-9:25 AM Sandy●Gym A	Stretch & Strengthen 8:00-8:40 AM Carole●SA	Mat Pilates 7:45-8:25 AM Amy●SA	Full Matrix 8:00-8:55 AM Candi●SA	Full Matrix 7:45-8:25 AM Marybeth/Cathy●SA	Abs Only 9:00-9:15 AM Kathy●Spin Studio	All Terrain Spin 10:30-11:15 AM Staff●Spin Studio
Boot Camp 8:30-9:30 AM Karen●CBW	Walking Club 8:30-9:30 AM Trish●Outside	Boot Camp 8:30-9:10 AM Karen●SA	All Terrain Spin 9:15-10:00 AM Amy/Suzanne●Spin Studio	Hatha Yoga 8:30-9:25 AM Sandy●SA	Interval Training 8:30-9:25 AM Staff●SA	Abs Only 11:15-11:30 AM Staff●Spin Studio
All Terrain Spin 9:15-10:00 AM Vicki●Spin Studio	Kickboxing 9:00-9:40 AM Maggie●SA	Spin/Abs/Weights 9:15-10:45 AM Amy●Spin Studio/FC	Interval Training 9:00-9:55 AM Lisa●SA	All Terrain Spin 9:15-10:00 AM Lisa●Spin Studio	Hatha Yoga 9:30-10:40 AM Sandy●SA	Tai Chi Chuan Inter 11:30-1:00 PM Steven●SA
Zumba 9:30-10:10 AM Kim●SA	All Terrain Spin 9:15-10:00 AM Lisa●Spin Studio	Mat Pilates 9:15-9:45 AM Karen●SA	Mat Pilates 10:00-10:40 AM Amy●Gym B	Boot Camp 9:30-10:25 AM Maggie●SA	Tai Chi Chuan Beg 10:45-11:55 AM Steven●SA	
Mat Pilates 10:15-10:55 AM Vicki●SA	Abs Only 10:00-10:15 AM Lisa●Spin Studio	Hatha Yoga 9:50-10:40 AM Sandy●SA	Zumba 10:45-11:25 AM Kim●SA	Mat Pilates 10:30-11:10 AM Sue●SA		
Spin & Tone 10:15-11:15 AM Michelle●Spin Studio	Cardio Step 9:45-10:25 AM Julie●SA	Hi Lo Cardio 10:45-11:25 AM Michelle●SA	Chair Exercise 11:30-12:15 PM MaryBeth●SA	Lite Aerobics 11:15-12:10 PM Carole●SA		
Hi Lo Cardio 11:00-11:40 AM Cathy●SA	Mat Pilates 10:30-11:10 AM Julie●SA	Beginner Spin 10:30-11:15 AM Sue●Spin Studio				
Lite Aerobics 11:45-12:25 PM Carole●SA	Chair Exercise 11:15-12:15 PM Marybeth●SA	Lite Aerobics 11:30-12:25 PM Carole●SA				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Hatha Yoga 5:00-5:40 PM Caitlin●SA	Youth Yoga 4:15-4:55 PM Sandy●SA	Hatha Yoga 1:00-1:55 PM Caitlin●Spin Studio	Youth Yoga 5:00-5:40 PM Sandy●Spin Studio	Mat Pilates 5:30-6:10 PM Amy●SA	<div style="color: red; font-weight: bold; font-size: 1.2em;">8 WEEK SESSION CLASS FEES</div> <p>UNLIMITED classes included FREE with Full Privilege memberships! Mix & match classes</p> <p>45/60 minutes: 1x/week FM NM \$0 \$129*</p>	
Mat Pilates 5:45-6:25 PM Amy●SA	Kickboxing 5:00-5:55 PM Leilani●SA	Mat Pilates 5:00-5:40 PM Vicki●SA	Kickboxing 5:00-5:55 PM Leilani●SA	Tai Chi Chuan Beg 6:30-7:25 PM Steven●SA		
All Terrain Spin 6:00-6:45 PM Candi●Spin Studio	Happy Hour 6:00-6:40 PM Leilani●SA	Full Matrix 5:45-6:40 PM Maria●SA	Gentle Yoga 6:00-6:45 PM Sandy●Spin Studio	Aikido 7:45-9:15 PM Joye●SA		
Abs Only 6:45-7:00 PM Candi●Spin Studio	Abs/Thighs/Buns 6:45-7:25 PM Cathy●SA	All Terrain Spin 6:00-6:45 PM Vicki●Spin Studio	Zumba 6:00-6:55 PM Lisa L●SA			
Budokon ends 7/12 6:45-7:40 PM Maggie/Eric●CBW	USMC Boot Camp 6:45-7:45 PM Tony●Outside	Abs Only 6:45-7:00 PM Vicki●Spin Studio	Running Club 6:00-7:00 PM Sharon●Outside			
Interval Training 6:30-7:25 PM Julie/Amy●SA	All Terrain Spin 7:00-7:55 PM Kathy●Spin Studio	Budokon 6:45-7:40 PM Maggie/Leilani●SA	Walking Club 7:00-8:00 PM Trish●Outside			
Hatha Yoga - Int 7:30-8:30 PM Joan●SA	Abs Only 8:00-8:15 PM Kathy●Spin Studio	Tai Chi Chuan Adv 7:45-8:45 PM Steven●SA	Full Matrix 7:00-7:55 PM Vonna●SA			
	Interval Training 7:30-8:25 PM Kim●SA		All Terrain Spin 7:00-7:55 PM Kathy●Spin Studio			
			Abs Only 8:00-8:15 PM Kathy●Spin Studio			
					Paid For Classes	