


















Group Fitness Schedule JULY 2009

	Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Studio A	7:00 a			Total Body Conditioning Julia		Total Body Conditioning Julia	5:30 am Yoga Therese	
	9:15 a	Yoga Marjorie	Power Yoga Carrie 75 min!	Yoga Marjorie 75 min!			Yoga Marjorie 75 min!	
	9:30 a				Yoga Pilates Fusion Julie	Yoga Denise		Yoga Flow Sherry 9:15am
	10:30 a	Yoga Flow Marjorie 75mn	Gentle Yoga Denise	10:45am Restorative Yoga Sherry	Gentle Yoga Denise	Mat Pilates Lee M	Gentle Yoga Denise	
	11:30 a				\$Tai Chi Willie Lim			
	5:00 P					 Sam		
	6:00 P			Hip Hop Yoga Julie		Candlelight Yoga Sherry		
	Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Studio B	6:00 a		 Lee M	Rockin' Boxin' Steve 6:30am	Core & More Jason 5:30am	Rockin' Boxin' Steve 6:30am	 Lee M	
	8:00 a	 Lisa/Sue		 Lisa NEW! 8:15am				
	8:30 a		 Lee		 Sharon	Cardio Kickboxing Lisa NEW!	 Vickie	
	9:00 a	 Lisa		9:15am STEP Sandy				9:15am  Leslie/ Tara
	9:30 a	 10am Theresa	The Mix Julie		 Sue	 Sue	Dance Xplosion Tiffani	
	10:30 a	11am Alan Seniorcise		10:45am Seniorcise Alan		10:45am Seniorcise Alan		
	5:00 p							
	6:00p		 NEW! Leslie					
7:00p			 Vicki					
	Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cycle, Fitness Floor & Pool	5:30 a			X-Training Matt		X-Training Matt	Cycle Fit Kay	
	7:00 a			X-Training Matt		X-Training Matt		
	8:00 a		Deep Water Aerobics	Deep Water Aerobics	Deep Water Aerobics	Deep Water Aerobics	Deep Water Aerobics	Deep Water Aerobics
	8:30 a		\$ Boot Camp David	Circuit Training Lee* Gym Floor	\$ Boot Camp David			
	8:30am	9:30am \$ Boot Camp David	\$ Fit For Life Lee		\$ Fit For Life Lee	NEW CLASS! Cycle & Abs Kay		
	9:15 a	Cycle Fit Shawn/Sue	Cycle & Strength Franne 90min!		Cycle Fit Franne	\$Reformer Roseann 9:30		
	9:00 a	Sh. Water Aerobics \$Reformer Lynn	Shallow Water Aerobics	Shallow Water Aerobics	Shallow Water Aerobics	Shallow Water Aerobics	Shallow Water Aerobics	Shallow Water Aerobics
	9:30 a	\$ Fit For Life Staff	\$Reformer Lynn	Cycle Fit Sue NEW!		BOSU Alex* Gym Floor	Cycle Fit Rachel	
	10:00 a	\$ Reformer Lynn 10am	10:30am NEW! \$Reformer Lynn					
	10:30 a	Cycle Fit Shawn	Abs Xpress Fitness Floor	Abs Xpress Fitness Floor	Abs Xpress Fitness Floor	Abs Xpress Fitness Floor		
	10:30 a			\$WOW Denise & Lisa		\$WOW Denise		
	1:30 p			\$Conditioning For Women Lisa		\$Conditioning For Women Lisa		
	4:30 p			\$Teen Fitness Academy	NEW! Cycle Fit Shawn	\$Teen Fitness Academy		
	5:30 p			\$Reformer Lynn 5:45pm	\$Reformer Lynn			
	6:00 p			Cycle Rachel		Cycle Shawn		
6:00 p		\$ Fit For Life Alex		\$ Fit For Life Alex				

GROUP FITNESS CLASS ANNOUNCEMENTS
 Sam is back and will be teaching Zumba on Thursdays at 5pm!
 Stretch & Relax with Sue on Wednesdays has been cancelled
 Sassy Jazz with Mary has been cancelled

FOURTH OF JULY
 Regular Saturday Group Fitness Schedule is in effect!