

GROUP EXERCISE

Summer 2010



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING						
PILATES MAT 6am-7am Open Levels 1 & 2	MUSCLE CONDITIONING 6am-7am "Ripped on a Budget"	PILATES MAT 6am-7am Open Levels 1 & 2	MUSCLE CONDITIONING 6am-7am "Ripped on a Budget"	PILATES MAT 6am-7am Open Levels 1 & 2	MUSCLE CONDITIONING 7:45am-8:45am "Ripped on a Budget"	SPINNING 7:45am-8:45am
MUSCLE CONDITIONING 7am-8am "The Bottom Line"	SPINNING 7am-8am	MUSCLE CONDITIONING 7am-8am "The Bottom Line"	SPINNING 7am-8am	MUSCLE CONDITIONING 7am-8am "The Bottom Line"	PILATES MAT 9am-10am "Rock n' Roll"	KETTLE BALL 9am-10am
PILATES MAT 9am-10am "Rock n' Roll"	SPINNING 9:30am-10:30am	PILATES MAT 9am-10am "Rock n' Roll"	SPINNING 9:30am-10:30am	PILATES MAT 9am-10am "Rock n' Roll"	DANCE 10am-11am "Cardio Funk"	DANCE 10am-11am "Zumba"
MID DAY						
YOGA 12:00pm-1pm	ACTIVE SENIORS 10:30am-11:30am "Fit Forever! Gentle Pilates"	SPINNING 12:00pm-1pm	ACTIVE SENIORS 10:30am-11:30am "Fit Forever! Gentle Yoga"	DANCE 12:00pm-1pm "Old School Jam"	YOGA 11am-12:30pm	
	BOXING DRILLS 12:00pm-1pm		KETTLE CLASS 12:00pm-1pm		CENTER CLOSES AT 4PM	CENTER CLOSES AT 4PM
EVENING						
PILATES MAT 5:30pm-6:30pm "Core Integration"	BOXING DRILLS 5:30pm-6:30pm	PILATES MAT 5:30pm-6:30pm Open Levels 1 & 2		BOXING DRILLS 5:30pm-6:30pm		
DANCE 6:30pm-7:30pm "Zumba"	DANCE 6:30pm-7:30pm "Old School Jam"	MUSCLE CONDITIONING 6:30pm-7:30pm "Body Shock"	KETTLE CLASS 6:30pm-7:30pm	DANCE 6:30pm-7:30pm "Old School Jam"		
YOGA 7:30pm-8:30pm		SPINNING 7:30pm-8:30pm	PILATES MAT 7:30pm-8:30pm "Men on Mats"			

CHIROPRACTIC MASSAGE ACUPUNCTURE NUTRITION PILATES PERSONAL TRAINING GROUP EXERCISE

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