

Group Fitness Schedule

Monday 2/21/2011	Tuesday 2/22/2011	Wednesday 2/23/2011	Thursday 2/24/2011	Friday 2/25/2011	Saturday 2/26/2011	Sunday 2/27/2011
HZ Intervals (Cycling Studio) 5:30- 6:30 AM Carrie Stansbery	Intervals (Aerobic Studio) 5:15- 6:15 AM Tara S.	HZ All Terrain (Cycling Studio) 5:30- 6:30 AM Cathy M.	Muscle Hour (Aerobic Studio) 5:15- 6:15 AM Tara S.	HZ Cadence (Cycling Studio) 5:30- 6:30 AM Anita	HZ All Terrain (Cycling Studio) 7:30- 8:30 AM Ed J.	Heart Zones (Cycling Studio) 7:30- 8:30 AM Lee M.
Boot Camp (Aerobic Studio) 7:00- 8:00 AM Yael D.	HZ Endurance (Cycling Studio) 5:30- 6:30 AM Jean S.	Abs Plus (Cycling Studio) 8:45- 9:15 AM Pam G.	Heart Zones (Cycling Studio) 5:30- 6:30 AM Tammy H.	Body Combat (Aerobic Studio) 5:30- 6:30 AM Tammy H.	Step 3-4 (Aerobic Studio) 8:30- 9:30 AM Yael D.	HZ Intervals (Cycling Studio) 9:00- 10:00 AM Michael R.
H2O Aerobics (Indoor Pool) 9:15- 10:15 AM Terry M.	H2O Aerobics (Indoor Pool) 9:15- 10:15 AM Diane A.	H2O Aerobics (Indoor Pool) 9:15- 10:15 AM Liz S.	H2O Aerobics (Indoor Pool) 9:15- 10:15 AM Liz S.	Cardio Boxing (Aerobic Studio) 9:15- 10:15 AM Yael D.	HZ Power (Cycling Studio) 9:00- 10:00 AM Sharon L.	
HZ Endurance (Cycling Studio) 9:15- 10:15 AM Pam G.	Muscle Hour (Aerobic Studio) 9:15- 10:15 AM Shirley R.	HZ Cadence (Cycling Studio) 9:15- 10:15 AM Pam G.	Body Pump (Aerobic Studio) 9:30- 10:30 AM Heidi V.	H2O Aerobics (Indoor Pool) 9:15- 10:15 AM Terry M.	Mighty Mites (Multi Purpose Room) 9:00- 9:30 AM Solima K.	
Cardio Boxing (Basketball Court) 9:30- 10:30 AM CJ	Stroller Strength (Multi Purpose Room) 9:15- 10:15 AM Stephanie B.		Senior Workout (Aerobic Studio) 10:45- 11:45 AM Heidi V.	HZ Power (Studio Cycling) 9:15- 10:15 AM Debbie W.	H2O Aerobics (Indoor Pool) 9:15- 10:15 AM Terry M.	
Ab Lab (Basketball Court) 10:30- 10:45 AM Curt C.	Abs Plus (Aerobic Studio) 10:15- 10:45 AM Shirley R.			Ab Lab (Aerobic Studio) 10:15- 10:45 AM Yael D.	Body Pump (Aerobic Studio) 9:45- 10:45 AM Elizabeth B.	
Mighty Mites (Multi Purpose Room) 10:45- 11:15 AM Rheanna C.				Mighty Mites (Multi-Purpose Room) 10:45- 11:15 AM Wendy Davis		
Senior Workout (Aerobic Studio) 10:45- 11:30 AM Kyri A. & Abby R.				Salsa Aerobics (Aerobic Studio) 10:45- 11:45 AM Patricia R.		
Tabata 45-Fatburner (Aerobic Studio) 12:00- 12:45 PM Sharon	Senior Stretch/Strengthen (Aerobic Studio) 11:00- 11:45 AM Sharon L.	Muscle Hour (Aerobic Studio) 12:00- 1:00 PM Lisa S.	HZ Power (Cycling Studio) 12:00- 1:00 PM Sharon L.	Body Pump (Aerobic Studio) 12:00- 1:00 PM Sharon L.		Step 1 (Aerobic Studio) 11:00- 11:45 AM Chelle S.
	Adrenaline (Aerobic Studio) 12:00- 12:45 PM Yael D.		Cardio Blitz (Aerobic Studio) 12:00- 12:45 PM Lisa S.			Muscle Hour (Aerobic Studio) 12:00- 1:00 PM Marie E.
	HZ Cadence (Cycling Studio) 12:00- 1:00 PM Patrick M.					
Heart Zones (Cycling Studio) 4:30- 5:30 PM Shirlene B.	Intervals (Aerobic Studio) 4:30- 5:30 PM Shirlene B.	Cycle Circuit (Cycling Studio) 4:30- 5:30 PM Shirlene B.	Sports Challenge (Aerobic Studio) 4:30- 5:30 PM Shirlene B.			
Zumba (Aerobic Studio) 4:30- 5:30 PM Debbie Q.	HZ Intervals (Cycling Studio) 5:45- 6:45 PM Steve Garza	Body Combat (Aerobic Studio) 5:40- 6:40 PM Wilton R.	Jr Fitness (Del Norte Multi Purpose Room) 4:30- 5:15 PM Wendy			
Body Pump (Aerobic Studio) 5:40- 6:40 PM Wilton R.	Muscle Hour (Aerobic Studio) 5:45- 6:45 PM Yael D.	HZ Power (Cycling Studio) 5:45- 6:45 PM Debbie W.	Body Pump (Aerobic Studio) 5:45- 6:45 PM CJ			
ATTA (Cycling Studio) 5:45- 6:45 PM Larry C.	PregnaFit (Multi Purpose Room) 5:45- 6:45 PM Chelle & Susan	H2O Aerobics (Indoor Pool) 6:00- 7:00 PM Terry M.	HZ Endurance (Cycling Studio) 5:45- 6:45 PM Larry K.			
H2O Aerobics (Indoor Pool) 6:00- 7:00 PM Margaret S.	Salsa Aerobics (Aerobic Studio) 7:00- 8:00 PM Julio S.	Absolution (Aerobic Studio) 6:45- 7:30 PM Andy A.				
Body Combat (Aerobic Studio) 6:45- 7:45 PM Deb M.						

Group Fitness Schedule

Monday 2/28/2011	Tuesday 3/1/2011	Wednesday 3/2/2011	Thursday 3/3/2011	Friday 3/4/2011	Saturday 3/5/2011	Sunday 3/6/2011
HZ Intervals (Cycling Studio) 5:30- 6:30 AM Carrie Stansbery	Intervals (Aerobic Studio) 5:15- 6:15 AM Tara S.	HZ All Terrain (Cycling Studio) 5:30- 6:30 AM Cathy M.	Muscle Hour (Aerobic Studio) 5:15- 6:15 AM Tara S.	Body Combat (Aerobic Studio) 5:30- 6:30 AM Tammy H.	HZ All Terrain (Cycling Studio) 7:30- 8:30 AM Ed J.	Heart Zones (Cycling Studio) 7:30- 8:30 AM Lee M.
Boot Camp (Aerobic Studio) 7:00- 8:00 AM Yael D.	HZ Endurance (Cycling Studio) 5:30- 6:30 AM Jean S.	Abs Plus (Cycling Studio) 8:45- 9:15 AM Pam G.	Heart Zones (Cycling Studio) 5:30- 6:30 AM Tammy H.	HZ Cadence (Cycling Studio) 5:30- 6:30 AM Anita	Step 3-4 (Aerobic Studio) 8:30- 9:30 AM Yael D.	HZ Intervals (Cycling Studio) 9:00- 10:00 AM Michael R.
HZ Endurance (Cycling Studio) 9:15- 10:15 AM Pam G.	Stroller Strength (Multi Purpose Room) 9:15- 10:15 AM Stephanie B.	H2O Aerobics (Indoor Pool) 9:15- 10:15 AM Liz S.	H2O Aerobics (Indoor Pool) 9:15- 10:15 AM Liz S.	Cardio Boxing (Aerobic Studio) 9:15- 10:15 AM Yael D.	HZ Power (Cycling Studio) 9:00- 10:00 AM Sharon L.	
Cardio Dance (Aerobic Studio) 9:15- 10:15 AM Sharon L.	H2O Aerobics (Indoor Pool) 9:15- 10:15 AM Diane A.	HZ Cadence (Cycling Studio) 9:15- 10:15 AM Pam G.	Body Pump (Aerobic Studio) 9:30- 10:30 AM Heidi V.	H2O Aerobics (Indoor Pool) 9:15- 10:15 AM Terry M.	Mighty Mites (Multi Purpose Room) 9:00- 9:30 AM Solima K.	
H2O Aerobics (Indoor Pool) 9:15- 10:15 AM Terry M.	Muscle Hour (Aerobic Studio) 9:15- 10:15 AM Shirley R.	Body Combat (Aerobic Studio) 10:00- 11:00 AM CJ & Yael	Senior Workout (Aerobic Studio) 10:45- 11:45 AM Heidi V.	HZ Power (Studio Cycling) 9:15- 10:15 AM Debbie W.	H2O Aerobics (Indoor Pool) 9:15- 10:15 AM Terry M.	
Cardio Boxing (Basketball Court) 9:30- 10:30 AM CJ	Abs Plus (Aerobic Studio) 10:15- 10:45 AM Shirley R.			Ab Lab (Aerobic Studio) 10:15- 10:45 AM Yael D.	Body Pump (Aerobic Studio) 9:45- 10:45 AM Elizabeth B.	
Ab Lab (Basketball Court) 10:30- 10:45 AM Curt C.				Salsa Aerobics (Aerobic Studio) 10:45- 11:45 AM Patricia R.		
Senior Workout (Aerobic Studio) 10:45- 11:30 AM Kyri A. & Abby R.				Mighty Mites (Multi-Purpose Room) 10:45- 11:15 AM Wendy Davis		
Mighty Mites (Multi Purpose Room) 10:45- 11:15 AM Rheanna C.						
Tabata 45-Fatburner (Aerobic Studio) 12:00- 12:45 PM Sharon	Senior Stretch/Strengthen (Aerobic Studio) 11:00- 11:45 AM Sharon L.	Low Impact (Aerobic Studio) 11:00- 11:45 AM Lisa S.	HZ Power (Cycling Studio) 12:00- 1:00 PM Sharon L.	Body Pump (Aerobic Studio) 12:00- 1:00 PM Sharon L.		Step 1 (Aerobic Studio) 11:00- 11:45 AM Chelle S.
	HZ Cadence (Cycling Studio) 12:00- 1:00 PM Patrick M.	Muscle Hour (Aerobic Studio) 12:00- 1:00 PM Lisa S.	Cardio Blitz (Aerobic Studio) 12:00- 12:45 PM Lisa S.			Muscle Hour (Aerobic Studio) 12:00- 1:00 PM Marie E.
	Adrenaline (Aerobic Studio) 12:00- 12:45 PM Yael D.					
Zumba (Aerobic Studio) 4:30- 5:30 PM Debbie Q.	Intervals (Aerobic Studio) 4:30- 5:30 PM Shirlene B.	Cycle Circuit (Cycling Studio) 4:30- 5:30 PM Shirlene B.	Jr Fitness (Del Norte Multi Purpose Room) 4:30- 5:15 PM Wendy			
Heart Zones (Cycling Studio) 4:30- 5:30 PM Shirlene B.	PregnaFit (Multi Purpose Room) 5:45- 6:45 PM Chelle & Susan	Body Combat (Aerobic Studio) 5:40- 6:40 PM Wilton R.	Sports Challenge (Aerobic Studio) 4:30- 5:30 PM Shirlene B.			
Body Pump (Aerobic Studio) 5:40- 6:40 PM Wilton R.	HZ Intervals (Cycling Studio) 5:45- 6:45 PM Steve Garza	HZ Power (Cycling Studio) 5:45- 6:45 PM Debbie W.	HZ Endurance (Cycling Studio) 5:45- 6:45 PM Larry K.			
ATTA (Cycling Studio) 5:45- 6:45 PM Larry C.	Muscle Hour (Aerobic Studio) 5:45- 6:45 PM Yael D.	H2O Aerobics (Indoor Pool) 6:00- 7:00 PM Terry M.	Body Pump (Aerobic Studio) 5:45- 6:45 PM CJ			
H2O Aerobics (Indoor Pool) 6:00- 7:00 PM Margaret S.	Salsa Aerobics (Aerobic Studio) 7:00- 8:00 PM Julio S.	Absolution (Aerobic Studio) 6:45- 7:30 PM Andy A.				
Body Combat (Aerobic Studio) 6:45- 7:45 PM Deb M.						