

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 12:00:00 AM
HZ Intervals (Group Cycling) 6:00- 7:00 AM Mike R	HZ Endurance (Group Cycling) 6:00- 7:00 AM Marte L	Heart Zones (Group Cycling) 6:00- 7:00 AM Eileen M	HZ Power (Group Cycling) 6:00- 7:00 AM Lisa B	HZ All Terrain (Group Cycling) 6:00- 7:00 AM Eileen M	Heart Zones (Group Cycling) 9:00- 10:00 AM Eileen M	
Cadence (Group Cycling) 12:05- 1:00 PM Carrie S	Muscle Hour (Group Fitness Studio) 12:05- 1:00 PM Denise T <hr style="border-top: 1px dashed black;"/> HZ Intervals (Group Cycling) 12:05- 1:00 PM Eileen M	Intervals (Group Fitness Studio) 12:05- 1:00 PM Dawn L <hr style="border-top: 1px dashed black;"/> HZ Endurance (Group Cycling) 12:05- 1:00 PM Amy D	Cycle Lite (Group Cycling) 12:05- 1:00 PM Yvonne S <hr style="border-top: 1px dashed black;"/> Body Pump (Group Fitness Studio) 12:05- 1:00 PM Denise T	Heart Zones (Group Cycling) 12:05- 1:00 PM Carrie S <hr style="border-top: 1px dashed black;"/> Fat Blaster 45 (Group Fitness Studio) 12:15- 1:00 PM Susie L		
HZ Intervals (Group Cycling) 5:30- 6:30 PM Diane A Kris F <hr style="border-top: 1px dashed black;"/> Ab Solution (Group Fitness Studio) 6:50- 7:30 PM Andy A	Body Pump (Group Fitness Studio) 4:30- 5:15 PM Kristin T <hr style="border-top: 1px dashed black;"/> H2O Aerobics (Pool) 5:30- 6:30 PM Halima M <hr style="border-top: 1px dashed black;"/> CardioBoxing (Group Exercise Studio) 5:30- 6:30 PM CJ C	Cardio Combat (Group Fitness Studio) 5:30- 6:30 PM Rachael L <hr style="border-top: 1px dashed black;"/> Heart Zones (Group Cycling) 5:30- 6:30 PM Rebecca S	Fat Blaster 45 (Group Fitness Studio) 5:30- 6:15 PM Kristin T <hr style="border-top: 1px dashed black;"/> H2O Aerobics (Pool) 5:30- 6:30 PM KK C			

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 12:00:00 AM
HZ Intervals (Group Cycling) 6:00- 7:00 AM Mike R	HZ Endurance (Group Cycling) 6:00- 7:00 AM Marte L	Heart Zones (Group Cycling) 6:00- 7:00 AM Eileen M	HZ Power (Group Cycling) 6:00- 7:00 AM Lisa B	HZ All Terrain (Group Cycling) 6:00- 7:00 AM Eileen M	Heart Zones (Group Cycling) 9:00- 10:00 AM Eileen M	
Cadence (Group Cycling) 12:05- 1:00 PM Carrie S	Muscle Hour (Group Fitness Studio) 12:05- 1:00 PM Denise T <hr style="border-top: 1px dashed black;"/> HZ Intervals (Group Cycling) 12:05- 1:00 PM Eileen M	HZ Endurance (Group Cycling) 12:05- 1:00 PM Amy D <hr style="border-top: 1px dashed black;"/> Intervals (Group Fitness Studio) 12:05- 1:00 PM Dawn L	Cycle Lite (Group Cycling) 12:05- 1:00 PM Yvonne S <hr style="border-top: 1px dashed black;"/> Body Pump (Group Fitness Studio) 12:05- 1:00 PM Denise T	Heart Zones (Group Cycling) 12:05- 1:00 PM Carrie S <hr style="border-top: 1px dashed black;"/> Fat Blaster 45 (Group Fitness Studio) 12:15- 1:00 PM Susie L		
HZ Intervals (Group Cycling) 5:30- 6:30 PM Diane A Kris F <hr style="border-top: 1px dashed black;"/> Ab Solution (Group Fitness Studio) 6:50- 7:30 PM Andy A	Body Pump (Group Fitness Studio) 4:30- 5:15 PM Kristin T <hr style="border-top: 1px dashed black;"/> CardioBoxing (Group Exercise Studio) 5:30- 6:30 PM CJ C <hr style="border-top: 1px dashed black;"/> H2O Aerobics (Pool) 5:30- 6:30 PM Halima M	Cardio Combat (Group Fitness Studio) 5:30- 6:30 PM Rachael L <hr style="border-top: 1px dashed black;"/> Heart Zones (Group Cycling) 5:30- 6:30 PM Rebecca S	Fat Blaster 45 (Group Fitness Studio) 5:30- 6:15 PM Kristin T <hr style="border-top: 1px dashed black;"/> H2O Aerobics (Pool) 5:30- 6:30 PM KK C			