

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
Body Pump (Group Fitness Studio) 5:30- 7:30 AM Heidi <hr/> Step Intervals (Group Fitness Studio) 8:15- 9:15 AM Janette <hr/> Water Aerobics (Indoor Pool) 9:00- 10:00 AM Dave/Kristina <hr/> Low Impact (Group Fitness Studio) 9:30- 10:30 AM Lisa <hr/> Intervals (Cycling Studio) 9:30- 10:30 AM Greg Ryan	BodyCombat (Aerobic Studio) 5:35- 6:35 AM Jennifer <hr/> Water Aerobics (Indoor Pool) 8:00- 9:00 AM Greta <hr/> Water Walking (Indoor Pool) 9:00- 10:00 AM Rachael <hr/> Body Pump (Aerobic Studio) 9:20- 10:20 AM Carol <hr/> Salsa Aerobics (Group Fitness Studio) 10:30- 11:30 AM Patricia	Cadence (Group Cycling Studio) 5:30- 6:30 AM Michael <hr/> Muscle Intervals (Aerobic Studio) 5:35- 6:35 AM Kristen T <hr/> Boot Camp (Aerobic Studio) 7:00- 8:00 AM Yael <hr/> Step (Group Fitness Studio) 8:15- 9:15 AM Janette <hr/> Water Aerobics (Indoor Pool) 9:00- 10:00 AM Mimi <hr/> Tai Chi (Cycling Studio) 9:30- 10:30 AM Clayton <hr/> BodyCombat (Aerobic Studio) 9:30- 10:30 AM Rachel	Water Aerobics (Indoor Pool) 8:00- 9:00 AM Greta <hr/> Fat Blaster 40/Tabata (Group Fitness Studio) 9:30- 10:30 AM Wilton	All Terrain (Group Cycling Studio) 5:30- 6:30 AM Michael <hr/> Muscle Hour (Group Fitness Studio) 5:35- 6:35 AM Heidi <hr/> Crosstrain (Group Fitness Studio) 7:00- 8:00 AM Wilton <hr/> Step Intervals (Group Fitness Studio) 8:15- 9:15 AM Janette <hr/> Water Aerobics (Indoor Pool) 9:00- 10:00 AM Yvonne <hr/> Low Impact (Group Fitness Studio) 9:30- 10:30 AM Lisa	Yoga (II) (Group Fitness Studio) 8:00- 9:15 AM Gloria <hr/> Water Aerobics (Indoor Pool) 8:00- 9:00 AM Margaret <hr/> Body Pump (Aerobic Studio) 9:30- 10:30 AM Janette <hr/> Zumba (Aerobic Studio) 10:45- 11:45 AM Debbie Q	Yoga (II-III) (Group Fitness Studio) 8:00- 9:30 AM Robin <hr/> Body Pump (Aerobic Studio) 10:30- 11:30 AM Deb
Muscle Hour (Group Fitness Studio) 12:00- 1:00 PM Lisa	Mighty Mites (Raquetball Court #1) 11:00- 11:30 AM Tonya		Mighty Mites (Raquetball Court #1) 11:00- 11:30 AM Tonya	Muscle/Core Revolution (Aerobic Studio) 12:00- 1:00 PM Lisa	BodyCombat (Group Fitness Studio) 12:00- 1:00 PM Wilton	Circuit Training (Aerobics Studio) 11:45- 12:45 PM Yael
Cardio Boxing (Group Fitness Studio) 4:30- 5:30 PM Yael <hr/> Body Pump (Aerobic Studio) 5:45- 6:45 PM Janette	Fat Blaster 40/Tabata (Aerobic Studio) 5:45- 6:45 PM Wilton/Patricia	Body Pump (Aerobic Studio) 5:00- 6:00 PM Patricia <hr/> Salsa Aerobics (Group Fitness Studio) 6:05- 7:05 PM Hortencia	BodyCombat (Aerobic Studio) 5:30- 6:30 PM Patricia <hr/> Endurance (Group Cycling Studio) 5:45- 6:45 PM Larry	Happy Hour (Group Exercise Studio) 5:30- 6:30 PM Yael		

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
Body Pump (Group Fitness Studio) 5:30- 7:30 AM Heidi	BodyCombat (Aerobic Studio) 5:35- 6:35 AM Jennifer	Cadence (Group Cycling Studio) 5:30- 6:30 AM Michael	Water Aerobics (Indoor Pool) 8:00- 9:00 AM Greta	All Terrain (Group Cyling Studio) 5:30- 6:30 AM Michael	Yoga (II) (Group Fitness Studio) 8:00- 9:15 AM Gloria	Yoga (II-III) (Group Fitness Studio) 8:00- 9:30 AM Robin
Step Intervals (Group Fitness Studio) 8:15- 9:15 AM Janette	Water Aerobics (Indoor Pool) 8:00- 9:00 AM Greta	Muscle Intervals (Aerobic Studio) 5:35- 6:35 AM Kristen T	Fat Blaster 40/Tabata (Group Fitness Studio) 9:30- 10:30 AM Wilton	Muscle Hour (Group Fitness Studio) 5:35- 6:35 AM Heidi	Water Aerobics (Indoor Pool) 8:00- 9:00 AM Margaret	Body Pump (Aerobic Studio) 10:30- 11:30 AM Deb
Water Aerobics (Indoor Pool) 9:00- 10:00 AM Dave/Kristina	Water Walking (Indoor Pool) 9:00- 10:00 AM Rachael	Boot Camp (Aerobic Studio) 7:00- 8:00 AM Yael		Crosstrain (Group Fitness Studio) 7:00- 8:00 AM Wilton	Body Pump (Aerobic Studio) 9:30- 10:30 AM Janette	
Low Impact (Group Fitness Studio) 9:30- 10:30 AM Lisa	Body Pump (Aerobic Studio) 9:20- 10:20 AM Carol	Step (Group Fitness Studio) 8:15- 9:15 AM Janette		Step Intervals (Group Fitness Studio) 8:15- 9:15 AM Janette	Zumba (Aerobic Studio) 10:45- 11:45 AM Debbie Q	
Intervals (Cycling Studio) 9:30- 10:30 AM Greg Ryan	Salsa Aerobics (Group Fitness Studio) 10:30- 11:30 AM Patricia	Water Aerobics (Indoor Pool) 9:00- 10:00 AM Mimi		Water Aerobics (Indoor Pool) 9:00- 10:00 AM Yvonne		
		BodyCombat (Aerobic Studio) 9:30- 10:30 AM Rachel		Low Impact (Group Fitness Studio) 9:30- 10:30 AM Lisa		
		Tai Chi (Cycling Studio) 9:30- 10:30 AM Clayton				
Muscle Hour (Group Fitness Studio) 12:00- 1:00 PM Lisa	Mighty Mites (Raquetball Court #1) 11:00- 11:30 AM Tonya		Mighty Mites (Raquetball Court #1) 11:00- 11:30 AM Tonya	Muscle/Core Revolution (Aerobic Studio) 12:00- 1:00 PM Lisa	BodyCombat (Group Fitness Studio) 12:00- 1:00 PM Wilton	Circuit Training (Aerobics Studio) 11:45- 12:45 PM Yael
Cardio Boxing (Group Fitness Studio) 4:30- 5:30 PM Yael	Fat Blaster 40/Tabata (Aerobic Studio) 5:45- 6:45 PM Wilton/Patricia	Body Pump (Aerobic Studio) 5:00- 6:00 PM Patricia	BodyCombat (Aerobic Studio) 5:30- 6:30 PM Patricia	Happy Hour (Group Exercise Studio) 5:30- 6:30 PM Yael		
Body Pump (Aerobic Studio) 5:45- 6:45 PM Janette		Salsa Aerobics (Group Fitness Studio) 6:05- 7:05 PM Hortencia	Endurance (Group Cycling Studio) 5:45- 6:45 PM Larry			