

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) 5:45- 6:45 AM Deb M.	HZ All Terrain (SC) (Group Cycling Room) 6:00- 7:00 AM Leslie K.	Muscle/Tabata (Group Fitness Studio) 5:45- 6:45 AM Wendy	HZ Endurance (SC) (Group Cycling Room) 6:00- 7:00 AM Marte L.	Body Pump (Aerobics Studio) 5:45- 6:45 AM Wendy M-A	Body Pump (Group Fitness Studio) 7:30- 8:30 AM C.J.	HZ Intervals (SC) (Group Cycling Room) 9:00- 10:00 AM Diane A.
Muscle Hour (Group Fitness Studio) 9:30- 10:45 AM Becky M.	Tabata Cycling (Group Cycling Room) 9:00- 10:45 AM Jenny M.	H2O Aerobics (Pool) 9:30- 10:30 AM Wendy M-A.	HZ All Terrain (SC) (Group Cycling Room) 9:30- 10:30 AM Ed J.	Muscle Hour (Group Fitness Studio) 9:15- 10:15 AM Shirley R.	Cardio Boxing (Group Fitness Studio) 8:30- 9:30 AM CJ	Tabata/Pump (Group Fitness Studio) 9:30- 10:30 AM Patricia
H2O Aerobics (Pool) 9:30- 10:30 AM Wendy M-A.	Tabata/Pump (Group Fitness Studio) 9:30- 10:30 AM Becky M.	Fat Blaster 45 (Group Fitness Studio) 9:30- 10:15 AM Susie L.	AIS Stretch (Group Fitness Studio) 10:30- 11:30 AM Marilyn	H2O Aerobics (Pool) 9:30- 10:30 AM Dave B.	H2O Aerobics (Pool) 9:00- 10:00 AM Cara & Baqia	
				Abs Plus (Group Fitness Studio) 10:15- 10:45 AM Shirley R.	HZ Cadence (SC) (Group Cycling Room) 9:15- 10:15 AM Yvonne S.	
					Mighty Mites (Group Fitness Studio) 10:00- 10:30 AM Margo M.	
Cadence (SC) (Group Cycling Room) 12:00- 1:00 PM Roy	Body Pump (Group Fitness Studio) 12:00- 1:00 PM Wendy M-A	Body Combat (Group Fitness Studio) 12:00- 1:00 PM Wendy M-A	Body Pump (Group Fitness Studio) 12:00- 1:00 PM Wendy M-A.	Heart Zone (SC) (Group Cycling Room) 12:00- 1:00 PM Roy S.	NIA (Group Fitness Studio) 11:00- 12:00 PM Margo M.	
Fat Blaster 45 (Group Fitness Studio) 12:15- 1:00 PM Wendy M-A.		HZ Endurance (SC) (Group Cycling Room) 12:00- 1:00 PM Larry K.		NIA (Group Fitness Studio) 12:00- 1:00 PM Erin D.	Tween Fit (Group Fitness Studio) 12:00- 1:00 PM Nicole	
Body Pump (Group Fitness Studio) 4:30- 5:30 PM Susie L.	Fat Blaster 45 (Group Fitness Studio) 4:30- 5:15 PM Susie L.	Body Pump (Group Fitness Studio) 4:30- 5:30 PM Celine S.	Zumba (Group Fitness Studio) 4:30- 5:30 PM Linda A.	HZ Power Ride (SC) (Studio Cycling Room) 5:45- 6:45 PM Lisa B.		
Cardio Boxing (Group Fitness Studio) 5:35- 6:35 PM C.J.	Body Combat (Group Fitness Studio) 5:45- 6:45 PM C.J.C.	Cadence (SC) (Group Cycling Room) 5:45- 6:45 PM Lee M.	Body Pump (Group Fitness Studio) 5:45- 6:45 PM Wilton R.			
HZ Endurance (SC) (Studio Cycling Room) 5:45- 6:45 PM Amy D.	HZ Intervals (SC) (Group Cycling Room) 5:45- 6:45 PM Roy S.	Step II-III (Group Fitness Studio) 6:00- 7:00 PM Yael D.	HZ All Terrain (SC) (Group Cycling Room) 5:45- 6:45 PM Roy S.			
Body Pump (Group Fitness Studio) 6:40- 7:40 PM C.J.			Body Combat (Group Fitness 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
Body Pump (Group Fitness Studio) 5:45- 6:45 AM Deb M.	HZ All Terrain (SC) (Group Cycling Room) 6:00- 7:00 AM Leslie K.	Muscle/Tabata (Group Fitness Studio) 5:45- 6:45 AM Wendy	HZ Endurance (SC) (Group Cycling Room) 6:00- 7:00 AM Marte L.	Body Pump (Aerobics Studio) 5:45- 6:45 AM Wendy M-A	Body Pump (Group Fitness Studio) 7:30- 8:30 AM C.J.	HZ Intervals (SC) (Group Cycling Room) 9:00- 10:00 AM Diane A.
Muscle Hour (Group Fitness Studio) 9:30- 10:45 AM Becky M.	Tabata Cycling (Group Cycling Room) 9:00- 10:45 AM Jenny M.	H2O Aerobics (Pool) 9:30- 10:30 AM Wendy M-A.	HZ All Terrain (SC) (Group Cycling Room) 9:30- 10:30 AM Ed J.	Muscle Hour (Group Fitness Studio) 9:15- 10:15 AM Shirley R.	Cardio Boxing (Group Fitness Studio) 8:30- 9:30 AM CJ	Tabata/Pump (Group Fitness Studio) 9:30- 10:30 AM Patricia
H2O Aerobics (Pool) 9:30- 10:30 AM Wendy M-A.	Tabata/Pump (Group Fitness Studio) 9:30- 10:30 AM Becky M.	Fat Blaster 45 (Group Fitness Studio) 9:30- 10:15 AM Susie L.	AIS Stretch (Group Fitness Studio) 10:30- 11:30 AM Marilyn	H2O Aerobics (Pool) 9:30- 10:30 AM Dave B.	H2O Aerobics (Pool) 9:00- 10:00 AM Cara & Baqia	
				Abs Plus (Group Fitness Studio) 10:15- 10:45 AM Shirley R.	HZ Cadence (SC) (Group Cycling Room) 9:15- 10:15 AM Yvonne S.	
					Mighty Mites (Group Fitness Studio) 10:00- 10:30 AM Margo M.	
Cadence (SC) (Group Cycling Room) 12:00- 1:00 PM Roy	Body Pump (Group Fitness Studio) 12:00- 1:00 PM Wendy M-A	Body Combat (Group Fitness Studio) 12:00- 1:00 PM Wendy M-A	Body Pump (Group Fitness Studio) 12:00- 1:00 PM Wendy M-A.	Heart Zone (SC) (Group Cycling Room) 12:00- 1:00 PM Roy S.	NIA (Group Fitness Studio) 11:00- 12:00 PM Margo M.	
Fat Blaster 45 (Group Fitness Studio) 12:15- 1:00 PM Wendy M-A.		HZ Endurance (SC) (Group Cycling Room) 12:00- 1:00 PM Larry K.		NIA (Group Fitness Studio) 12:00- 1:00 PM Erin D.	Tween Fit (Group Fitness Studio) 12:00- 1:00 PM Nicole	
Body Pump (Group Fitness Studio) 4:30- 5:30 PM Susie L.	Fat Blaster 45 (Group Fitness Studio) 4:30- 5:15 PM Susie L.	Body Pump (Group Fitness Studio) 4:30- 5:30 PM Celine S.	Zumba (Group Fitness Studio) 4:30- 5:30 PM Linda A.	HZ Power Ride (SC) (Studio Cycling Room) 5:45- 6:45 PM Lisa B.		
Cardio Boxing (Group Fitness Studio) 5:35- 6:35 PM C.J.	HZ Intervals (SC) (Group Cycling Room) 5:45- 6:45 PM Roy S.	Cadence (SC) (Group Cycling Room) 5:45- 6:45 PM Lee M.	HZ All Terrain (SC) (Group Cycling Room) 5:45- 6:45 PM Roy S.			
HZ Endurance (SC) (Studio Cycling Room) 5:45- 6:45 PM Amy D.	Body Combat (Group Fitness Studio) 5:45- 6:45 PM CJ C.	Step II-III (Group Fitness Studio) 6:00- 7:00 PM Yael D.	Body Pump (Group Fitness Studio) 5:45- 6:45 PM Wilton R.			
Body Pump (Group Fitness Studio) 6:40- 7:40 PM C.J.			Body Combat (Group Fitness Studio) 6:45- 7:45 PM Deb M.			