

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
Heart Zones (Cycling Studio) 5:30- 6:30 AM Tammy H Intervals (Group Fitness Studio) 9:15- 10:30 AM Dawn L Water Aerobics (Indoor Pool) 9:15- 10:15 AM Diane A HZ All Terrain (Cycling Studio) 9:30- 10:30 AM Susie L	Body Pump (Group Fitness Studio) 5:30- 6:30 AM Tammy H Senior Workout (Group Fitness Studio) 9:00- 10:00 AM Sharon L Water Aerobics (Indoor Pool) 10:00- 11:00 AM Wendy M Mighty Mites (Raquetball Court) 10:15- 10:45 AM Wendy S/Sharon A Body Pump (Group Fitness Studio) 10:15- 11:15 AM Jean S	HZ Power (Cycling Studio) 5:30- 6:30 AM Kerri C Cardio Combo (Group Fitness Studio) 9:15- 10:30 AM Dawn L Water Aerobics (Indoor Pool) 9:15- 10:15 AM Yvonne S HZ Intervals (Cycling Studio) 9:30- 10:30 AM Carrie S	Body Pump (Group Fitness Studio) 5:30- 6:30 AM Kristin T Senior Stretch and Strengthen (Group Fitness Studio) 9:00- 10:00 AM Dawn L Water Aerobics (Indoor Pool) 10:00- 11:00 AM Wendy M Muscle Hour (Group Fitness Studio) 10:15- 11:15 AM Dawn L	HZ All Terrain (Cycling Studio) 5:30- 6:30 AM Cathy M Introduction to Studio Cycling (Group Cycling Studio) 8:45- 9:15 AM Jean S Stroller Strength (Basketball Court) 9:00- 9:45 AM Stephanie B Water Aerobics (Indoor Pool) 9:15- 10:15 AM Baqia M Fat Blaster 45 (Group Fitness Studio) 9:15- 10:00 AM Susie L HZ Endurance (Cycling Studio) 9:30- 10:30 AM Jean S	Muscle Hour (Group Fitness Studio) 8:00- 9:00 AM Kerri C Salsa (Group Fitness Studio) 9:00- 10:00 AM Patricia R Cadence (Cycling Studio) 9:15- 10:15 AM Kerri C Water Aerobics (Indoor Pool) 9:30- 10:30 AM Kris F Body Pump (Group Fitness Studio) 10:15- 11:15 AM Patricia R Mighty Mites (Raquetball Court) 10:15- 10:45 AM Alison B/Sandra B Cardio Boxing (Group Fitness Studio) 11:20- 12:15 PM CJ C Junior Fitness (Basketball Courts) 11:30- 12:30 PM Jeremy C	HZ Endurance (Cycling Studio) 9:00- 10:00 AM Steve G/Eileen M Body Pump (Group Fitness Studio) 10:00- 11:00 AM Dawn L Body Combat (Group Fitness Studio) 11:15- 12:15 PM Jen M/Wilton R
Body Pump (Group Fitness Studio) 4:30- 5:30 PM Carol R Junior Fitness (Basketball gym) 4:30- 5:15 PM Wendy S Water Aerobics (Outdoor Pool) 5:30- 6:30 PM Anna J HZ Power (Cycling Studio) 5:45- 6:45 PM Kerri C Body Combat (Group Fitness Studio) 5:45- 6:45 PM Rachel G Stretch (Pilates Studio) 6:45- 7:15 PM Kerri C AbSolutions (Group Fitness Studio) 6:45- 7:15 PM Rachel G	Adrenaline (Group Fitness Studio) 5:30- 6:15 PM Dawn L	Zumba (Group Fitness Studio) 4:30- 5:30 PM Debbie Q Body Pump (Group Fitness Studio) 5:30- 6:30 PM Debbie Q HZ Intervals (Cycling Studio) 6:00- 7:00 PM Amy R	Step Interval (Group Fitness Studio) 5:30- 6:30 PM Dawn L HZ Endurance (Cycling Studio) 6:00- 7:00 PM Steve G Body Pump (Group Fitness Studio) 6:45- 7:45 PM Carol R	Body Combat (Group Fitness Studio) 5:00- 6:00 PM Dawn L/Patricia R Body Pump (Group Fitness Studio) 6:00- 7:00 PM Kristin T		

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
Heart Zones (Cycling Studio) 5:30- 6:30 AM Tammy H Water Aerobics (Indoor Pool) 9:15- 10:15 AM Diane A Intervals (Group Fitness Studio) 9:15- 10:30 AM Dawn L HZ All Terrain (Cycling Studio) 9:30- 10:30 AM Susie L	Body Pump (Group Fitness Studio) 5:30- 6:30 AM Tammy H Senior Workout (Group Fitness Studio) 9:00- 10:00 AM Sharon L Water Aerobics (Indoor Pool) 10:00- 11:00 AM Wendy M Mighty Mites (Raquetball Court) 10:15- 10:45 AM Wendy S/Sharon A Body Pump (Group Fitness Studio) 10:15- 11:15 AM Jean S	HZ Power (Cycling Studio) 5:30- 6:30 AM Kerri C Cardio Combo (Group Fitness Studio) 9:15- 10:30 AM Dawn L Water Aerobics (Indoor Pool) 9:15- 10:15 AM Yvonne S HZ Intervals (Cycling Studio) 9:30- 10:30 AM Carrie S	Body Pump (Group Fitness Studio) 5:30- 6:30 AM Kristin T Senior Stretch and Strengthen (Group Fitness Studio) 9:00- 10:00 AM Dawn L Water Aerobics (Indoor Pool) 10:00- 11:00 AM Wendy M Muscle Hour (Group Fitness Studio) 10:15- 11:15 AM Dawn L	HZ All Terrain (Cycling Studio) 5:30- 6:30 AM Cathy M Stroller Strength (Basketball Court) 9:00- 9:45 AM Stephanie B Fat Blaster 45 (Group Fitness Studio) 9:15- 10:00 AM Susie L Water Aerobics (Indoor Pool) 9:15- 10:15 AM Baqia M HZ Endurance (Cycling Studio) 9:30- 10:30 AM Jean S	Muscle Hour (Group Fitness Studio) 8:00- 9:00 AM Kerri C Salsa (Group Fitness Studio) 9:00- 10:00 AM Patricia R Cadence (Cycling Studio) 9:15- 10:15 AM Kerri C Water Aerobics (Indoor Pool) 9:30- 10:30 AM Kris F Mighty Mites (Raquetball Court) 10:15- 10:45 AM Alison B/Sandra B Body Pump (Group Fitness Studio) 10:15- 11:15 AM Patricia R Cardio Boxing (Group Fitness Studio) 11:20- 12:15 PM CJ C Junior Fitness (Basketball Courts) 11:30- 12:30 PM Jeremy C	HZ Endurance (Cycling Studio) 9:00- 10:00 AM Steve G/Eileen M Body Pump (Group Fitness Studio) 10:00- 11:00 AM Dawn L Body Combat (Group Fitness Studio) 11:15- 12:15 PM Jen M/Wilton R
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