

River Valley Group Fitness Schedule~ *Winter 2012*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:20-6:20am Cardio Circuit Georgene	5:20-6:20am Spinning Marnie	5:30-6:30am Cardio Circuit Marnie	5:20-6:20am Spinning Kris	5:20-6:20am Spinning Paula L.	8:00am-Lobby Run Team Jen	8:00 - 8:50am Spinning Mike
8:30-9:30am Water Aerobics Lucinda	* 5:45-6:30am TRX-Body Blast (Studio) Laura	8:30-9:30am Water Aerobics Jean	* 5:45-6:30am TRX-Body Blast (Studio) Georgene	6:00-6:45am Gentle Yoga Danielle	8:00-9:00am Cardio Circuit Paula/Kris	8:00-9:00am Inter/Step Marnie
9:15-10:05am Spinning Brenda		9:15-10:15am Spinning Brenda		* 8:15-9:00am TRX-Yogalates Heidi (studio)	8:00-9:00am Spinning Brenda/Mike	9:00-10:00am Yoga Dana
* 9:15-10:00am TRX -Body Blast (TRX station) Laura	8:20-9:00am Active Seniors Jessica	9:15-10:15am Gentle Pilates Cherlyn	8:15-9:00am Zumba Gold Sara	8:30-9:30am Water Aerobics Brenda	8:30-9:30am Water Aerobics Jean/Lucinda	10:15-11:15am Begin/Pilates Paula
9:15-10:15am Step & Strength Sue	9:15-10:15am Sculpt & Strength Kerry	9:30-10:00am Fit Kids Jessica	9:15-10:15am Cardio Circuit Laura	9:10-10:10am Yoga Flow Heidi	9:00-10:00am Inter/Step Debbie S./Deb D.	
9:30-10:00am Fit Kids Jessica		9:30-10:30am Power Water Marlo	10:15-11:15am Begin/Inter. Pilates Cherlyn	9:15-10:05am Spinning Sue	10:00-10:45am *TRX-Body Blast Georgene (TRX station)	
9:30-10:30am Power Water Kerry	10:15-11:00am Kettlebells Advanced Beth	10:15-11:00am Hip Hop Kerry	11:15-12:00pm Active Senior 1 Marlo	* 9:15 -10:00am TRX- Body Blast (TRX station) Laura	10:10-11:00am Kickboxing Kerry/Sue	
10:15-11:15am Begin/Pilates Cherlyn		*11:15-12:00pm TRX-Yogalates (Studio) Heidi	12:10-1:00pm Sculpt & Strength Kerry/Janine	10:15-11:15am Sculpt & Strength Sue	11:00-11:45am Hip Hop Amber/Jessica	
11:15-12:10pm Inter/Pilates Cherlyn	12:10-1:00pm Kickboxing Kerry	12:10-1:10pm Yoga Flow Heidi		11:15-12:00pm Advanced Kettlebell Beth		
12:10-1:00pm Spinning Sue	4:30-5:30pm Zumba Claire	12:10-1:00pm Spinning Brenda		12:10-1:00pm Spinning Brenda		
	4:45-5:25pm Intro to Spin Margaret	4:45-5:30pm Sculpt & Strength Georgene		* 12:10 -12:55pm TRX- Body Blast Laura (studio)		4:00-5:00pm Zumba Claire/Sara
4:45-5:30pm Sculpt & Strength Debbie	5:30-6:15pm *TRX-Yogalates (TRX station) Heidi	* 5:30-6:15pm TRX-Body Blast (TRX station) Laura	4:30-5:30pm Zumba Claire	4:30-5:30pm Spinning Heather		
5:30-6:30pm Inter/Step Marnie	5:30-6:15pm Butts & Guts Georgene	5:30-6:20pm Spinning Mimi	5:45-6:30pm Butts & Guts Kris/Janine			
5:30-6:20pm Spinning Heather	6:00pm-Lobby Run Team Jen	5:30-6:30pm Intermediate Pilates Cherlyn				
6:00-7:00pm Water Aerobics Mary	6:30-7:00pm Kids Yoga Danielle	6:15-7:15pm Water Aerobics Georgene				
6:30-7:30pm Gentle Yoga Ann	7:00-8:00pm Begin/Yoga Dana	6:30-8:00pm Vinyasa Flow Yoga Dana	7:00-8:00pm Gentle Yoga Ann			

*Class Fee Applies