

Group Fitness Schedule- Winter 2010

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|---|---|--|--|--|
| 5:20-6:20am Cardio Circuit Paula L. | 5:20-6:20am Spinning Marnie | 5:30-6:30am Cardio Circuit Marnie | 5:20-6:20am Spinning Brenda | 5:30-6:30am Spinning Paula L. | 8:00am-Lobby Run Team Jen | 8:00am Spinning Mike |
| 8:30-9:30am Water Aerobics Brenda | 6:00-6:45am Stretch/Yoga Paula D. | 8:30-9:30am Water Aerobics Jean | 6:00-6:45am Stretch/Yoga Angela | 8:30-9:30am Water Aerobics Jean | 8:00-9:00am Cardio Circuit Katie/Paula | 8:00-9:00am Inter/Step Marnie |
| 9:30-10:30am Power Water Kerry | 8:30-9:15am Active Senior 1 Katie | 9:15-10:15am Spinning Claudia | 9:15-10:15am Cardio Circuit Laura | 9:00-10:00am Gentle/Yoga Daisy | 8:00-8:50am Spinning Brenda | 9:00-10:00am Yoga Dana |
| 9:15-10:05am Spinning Claudia S. | 9:15-10:15am Sculpt & Strength Kerry | 9:15-10:15am Gentle Pilates Cherlyn | 9:15-10:05am Spinning David | 9:15-10:05am Spinning Sue | 8:30-9:30am Water Aerobics Jean/Mary | 10:15-11:15am Begin Pilates Paula D. |
| 9:15-10:15am Inter/Step Laura | | 9:30-10:00am Fit Kids Erin | 9:30-10:00am Fit Kids Mandy | | 9:00-10:00am Inter/Step Debbie/Sandy | |
| 9:30-10:00am Fit Kids Erin | 10:15-10:45am Kettlebells Advanced Christine | 9:45-10:30am Power Water Nan | 10:15-11:15am Begin/Inter. Pilates Cherlyn | 10:15-11:15am Sculpt & Strength Claudia S. | 10:10-11:00am Kickboxing Kerry/Sue | |
| 10:15-11:15am Begin/Pilates Cherlyn | 11:00-11:50pm Power Yoga Katie | 10:15-11:15am Sculpt & Strength Paula D. | 11:15-12:05pm Active Senior 1 Katie | | | |
| 11:15-12:10pm Inter/Pilates Cherlyn | 12:10-1:00pm Kickboxing Kerry | 11:15 -12:05pm Active Senior 2 Laura | 12:10-1:00pm Sculpt & Strength Kerry | | | 12:00-1:00pm Body Flow Georgene |
| 12:00-1:00pm Spinning Sue | | 12:10-1:10pm Gentle/Yoga Daisy | | 12:10-1:00pm Spinning Brenda | | |
| 12:00-1:00pm Active Senior 2 Denise | | 12:10-1:00pm Spinning Brenda | | | | |
| 4:45-5:30pm Sculpt & Strength Debbie | 4:00-4:30pm Kids Yoga Emily | 4:45-5:30pm Sculpt & Strength Debbie/Georgene | 4:00-4:30pm Kids Yoga Emily | | | |
| 5:30-6:30pm Inter/Step Marnie | 4:45-5:30pm Zumba Denise | 5:30-6:20pm Spinning Sue/Georgene | 4:45-5:45pm Zumba Cindy | 4:30-5:30pm Spinning Heather | | |
| 5:30-6:20pm Spinning Heather | 5:30-6:30pm Intermediate Pilates Cherlyn | 5:30-6:00pm Kettlebells Intro. Christine | 5:45-6:30pm Express Step Missy | | | |
| 6:00-7:00pm Water Aerobics Mary | | 6:00-6:30pm Kettlebells Advanced Christine | 6:30-7:00pm Kettlebells Intro. Christine | | | |
| 6:30-7:30pm Gentle Yoga Ann | 7:00-8:00pm Begin/Yoga Dana | 6:00-7:00pm Water Aerobics Paula L. | 7:00-7:30pm Kettlebells Advanced Christine | | | |
| | | 6:30-8:00pm Vinyasa Flow Yoga Dana | 7:30-8:30pm Begin/Inter. Pilates Paula D. | | | |