



GROUP EXERCISE SCHEDULE (effective December 28th, 2009) * Prime Time hour classes

Start Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15 - 5:30 a.m.	 5:15- 6:15 a.m. Aerobics Room/ Carley	STEP 5:30 – 6:30 a.m. Aerobics Room/ Barb	 5:15 a.m. – 6:15 a.m. Cycle Room/ Barb	STEP & SCULPT 5:30 – 6:30 a.m. Aerobics Room/ Barb	 5:15 – 6:15 a.m. Aerobics Room/ Carley		
8:30 - 8:45 a.m.	* 8:30- 9:30 a.m. Aerobics Room /Meredith * YOGA 8:30- 9:30 a.m. Cycle Room/ Laura G	* CYCLE 8:30- 9:15 a.m. Cycle Room/ Meredith * STEP 8:30 – 9:30 p.m. Aerobics Room/ Dianna	* 8:30 a.m. – 9:30 a.m. Aerobics Room/ Carley * YOGA 8:30 a.m. – 9:30 a.m. Cycle Room/ Sharon	* 8:30- 9:30 a.m. Cycle Room/ Amy * STEP 8:30- 9:30 p.m. Aerobics Room/ Dianna	* CARDIO SCULPT 8:30- 9:30 a.m. Aerobics Room/ Ronnie * YOGA 8:30 a.m. – 9:30 a.m. Room #100/ Laura G	* 8:40- 9:40 a.m. Aerobics Room/ Carley	
9:30 - 9:45 a.m.	* STEP 9:30 – 10:35 a.m. Aerobics Room/ Holly	* BODY SCULPT 9:30- 10:30 a.m. Aerobics Room/ Heather	* STEP 9:30- 10:30 a.m. Aerobics Room/ Holly	* CORE & MORE 9:35- 10:35 a.m. Aerobics Room/ Carolyn	* STEP 9:30 a.m. – 10:30 a.m. Aerobics Room/ Holly	* 9:45- 10:45 a.m. Cycle Room Brenda/ Jennifer * PILATES 9:45- 10:45 a.m. Aerobics Room/ Maggie	
10:30 - 10:45 a.m.	CYCLE 10:30- 11:15a.m. Cycle Room/ Ben HATHA YOGA 10:35- 12:00p.m. Aerobics Room/ Jackie	CORE CONDITIONING 10:30- 11:30 a.m. Aerobics Room/ Heather	CYCLE 10:30- 11:15 a.m. Cycle Room/ Ben HATHA YOGA 10:35 a.m. – 12:00 p.m. Aerobics Room/ Jackie	PILATES 10:45 – 11:45 a.m. Aerobics Room/ Mary	CYCLE 10:30- 11:15 a.m. Cycle Room/ Meredith 10:40- 11:40 a.m. Aerobics Room/ Maranda	INTERVAL KICKBOX 10:45- 11:45 a.m. Aerobics Room/ Ronnie	
12:15 – 2:30 p.m.	SilverSneakers Muscular Strength 2:00- 3:00 p.m. Aerobics Room	SilverSneakers Cardio Circuit 2:00- 3:00 p.m. Aerobics Room	SilverSneakers Muscular Strength 2:00- 3:00 p.m. Aerobics Room	LINE DANCE 12:15 – 1:45 p.m./ Joan SilverSneakers Yoga Stretch 2:00- 3:00 p.m. Aerobics Room	SilverSneakers Muscular Strength 2:00- 3:00 p.m. Aerobics Room		Beginner Yoga 2:30-3:00p.m SBR/Connie
3:00 - 4:45 p.m.	* 4:30- 5:30 p.m. Aerobics Room/ Dianna	* INTERVAL TRAINING 4:30- 5:30 p.m. Aerobics Room/Carolyn	* 4:30- 5:30 p.m. Cycle Room/ Maranda	* 4:30- 5:30 p.m. Aerobics Room/ Dianna			HATHA YOGA 3:00 p.m. – 4:30 p.m. SBR/ Connie
5:30. - 6:15 p.m.	* 5:30- 6:20 p.m. Cycle Room/ Barb * KICKBOX 5:30- 6:30 p.m. Aerobics Room/ Ronnie	* CORE & MORE 5:30 – 6:15 pm AB LAB 6:15 – 6:30 p.m. Aerobics Room Carolyn/Cindy	* INTERVAL TRAINING 5:30 p.m. – 6:30 p.m. Aerobics Room/ Heather	* KICKBOX 5:30- 6:15 p.m. AB LAB 6:15 p.m. – 6:30 p.m. Aerobics Room/ Michelle			** Out of courtesy for our members. Please do not enter class 5 min after class starts.
6:30 - 7:00 p.m.	PILATES 7:00 – 8:00 p.m. Room #100/ Maggie	YOGA 6:30 – 7:30 p.m. Aerobics Room/ Sharon CYCLE 6:45 p.m. – 7:30 p.m. Cycle Room/ Audrey		YOGA FLOW 6:30 – 7:30 p.m. Room #100 / Sharon 6:30-7:00 p 7:00-8:00pm Aerobics Rooms/Gissella 6:45 p.m. – 7:30 p.m. Cycle Room/ Anja		If attending Body Pump or RPM for the first time, please arrive 10-15 minutes early for set up.	*Classes during prime time hours that do not hold an average of 15 members per classes will be in jeopardy of being restructured to meet member needs. This will happen in June, September & December.