

Fitness Class Schedule

Summer 2010

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
STUDIO A		Aerobics Lo-Impact <i>(9:00-10:00am)</i>	Aerobics Lo-Impact <i>(9:00-10:00am)</i>	Bollywood <i>(7:00-8:00am)</i>	Aerobics Lo-Impact <i>(9:00-10:00am)</i>	Aerobics Lo-Impact <i>(9:00-10:00am)</i>	Rock Hard Abs <i>(7:00-7:45am)</i>
		Core Conditioning <i>(6:00-7:00pm)</i>	Bollywood <i>(7:30-8:30pm)</i>	Aerobics Lo-Impact <i>(9:00-10:00am)</i>	Belly Dancing <i>(7:30-8:30pm)</i>		Yoga Sculpt <i>(8:00-9:00am)</i>
		Yoga Sculpt <i>(7:00-8:00pm)</i>		Core Conditioning <i>(6:00-7:00pm)</i>			Classic Step <i>(9:30-10:30am)</i>
				Step and Sculpt <i>(4:30-5:30pm)</i>			
				Yoga Sculpt <i>(7:00-8:00pm)</i>			
STUDIO B		3, 2, 1 Get Fit! <i>(9:30-10:30am)</i>	Beginner & Senior Pilates <i>(8:30-9:15am)</i>	3, 2, 1 Get Fit! <i>(9:30-10:30am)</i>	Beginner & Senior Pilates <i>(8:30-9:15am)</i>		Mixed Pilates <i>(7:45-8:30am)</i>
		20-20-20 <i>(7:30-8:30pm)</i>	Inter. & Adv. Pilates <i>(9:20-10:05am)</i>	20-20-20 <i>(7:30-8:30pm)</i>	Inter. & Adv. Pilates <i>(9:20-10:05am)</i>		
STUDIO D		Spin Cycling <i>(9:00-10:00am)</i>	Plyometric Training <i>(6:30-7:30pm)</i>	Spin Cycling <i>(9:00-10:00am)</i>	Plyometric Training <i>(6:30-7:30pm)</i>	Spin Cycling <i>(9:00-10:00am)</i>	
GYM			Cardio Interval <i>(9:00-10:00am)</i>		Cardio Interval <i>(9:00-10:00am)</i>		

PLEASE NOTE: Classes are subject to temporary cancellation in the event an instructor is sick or injured and no substitute instructor is available. Memberships will not be refunded in the event of any class cancellation.