



# group fitness

## Studio #1

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15						<b>YOGA</b> GiGi
10:30						<b>ZUMBA</b> Susan
12:00	<b>ZUMBA</b> Gina	<b>Total Body Strength</b> Stephanie		<b>ZUMBA</b> Stephanie		
1:00-1:45p		<b>ZUMBA</b> Susan	<b>YOGA</b> Kendra			
4:25-4:55p			<b>Arms N' Abs</b> Adam			
5:00p	<b>20/20/20</b> Alana	<b>ZUMBA</b> Stephanie E	<b>ZUMBA</b> Susan	<b>ZUMBA</b> Gina	<b>Zumba Toning</b> Kendra	
6:15-7:10p	<b>KickBox Skills &amp; Drills</b> Pat		<b>KickBox Skills &amp; Drills</b> Pat			
7:15p	<b>Zumba Toning</b> Kendra	<b>Muscle Confusion</b> Cody (7:15-8)		<b>Muscle Confusion</b> Cody (7:15-8)		
8:00p			<b>ZUMBA</b> Susan			

**Water Aerobics**  
Mon & Wed: 4:30-5:15p

## Studio #2

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
6:30-7:15 a		<b>Cycling</b> Vet	<b>Cycle &amp; Stretch</b> Vet	<b>Cycling</b> Charles		
12:15-1:00p					<b>Cycling</b> Gary	
4:00p	<b>Cycling</b> Gary					
5:15p		<b>Cycling</b> Charles	<b>Tabata</b> Alana			<b>Cycle &amp; Stretch</b> Alana
5:30p				<b>Cycle &amp; XFit</b> Gary		
6:45p		<b>Kettlebell</b> Kendra (6:45-7:15)		<b>Hip Hop</b> Susan		
7:30-8:15p	<b>Abs</b> Jaison (7:30-8)	<b>Gentle Yoga</b> Kendra	<b>Abs</b> Jaison (7:30-8)			

- *BEGINS TUES, 1/17/12*
- *Please call 783-2083 for class changes.*
- *Schedule subject to change without notice.*
- *All classes are 1 hour unless noted.*