

FITNESS CLASS SCHEDULE

Effective 3/8/10

ROOM 1							ROOM 2											
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY						
Body Blast Sherri 5:30-6:30am			Body Fusion Connie 5:15-6:00am	Body Blast Sherri 5:30-6:30am														
Interval Connie 8:00-9:00am	Core Lynn 8:00-8:30am	Pilates Heather 8:00-8:30am	Corelates Sherri 8:00-8:30am	Cardio Mix Lynn 8:00-9:00am	Yoga Maria 8:00-9:00am													
Boomers Lynn 9:00-10:00am	Zumba Amy 8:30-9:30am	Advanced Step Amy 8:30-9:30am	Cardio 360 Sherri 8:30-9:30am	Pilates Allison 9:00-10:00am	Saturday Sizzle Bonita/Joe 9:00-10:00am													
	Silver Strength Jenny 9:30-10:30am		Silver Strength Jenny 9:30-10:30am		Power Tone Stephanie 10:00-11:00am Starts Mar. 20													
Yoga Gale 10 - 11am		Yoga Gale 10-11am		Yoga Gale 10-11am														
Silver Circuit Raymond 11am-12pm		Silver Stretch Raymond 11am-12pm		Silver Circuit Raymond 11am-12pm														
						Yoga Maria 2:00-3:00pm												
Muscle Target Bonita 4:00-4:30pm		**Dance 3:15 - 5:30				Zumba Jillian 3:00-4:00pm												
Just Step! Joe/Bonita 4:30-5:30pm	Power Tone Debbie 4:45-5:45pm		Power Tone Bonita 4:30-5:30pm	Sculates Sherri 4:30-5:30pm		**Dance 4:15-6:30pm							**Dance 4:15-7:30pm	**Dance / Gymnastics 3:15-6:00pm				
Functional Training Debbie 5:30-6:30pm	Basic Zumba/ Body-Zoom! Jillian 5:45-6:30pm	Boot Camp Maria 5:30-6:15pm	Zumba Jillian 5:30-6:30pm	Zumba Jillian/Allison 5:30-6:30pm														
Yoga Gale 6:30-7:30pm	Intermediate Yoga Maria 6:30-7:30pm	Sculates Sherri 6:15-7:15pm	Intermediate Yoga Maria 6:30-7:30pm															

**These classes require an extra fee and prior registration.