

Group Exercise Class Schedule Updated August 16, 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:05 Step / Interval	6:05 Fit Step	6:00 Power Pacing 45 minutes	6:05 Bike and Box Room 2	6:00 Power Pacing 45 minutes	8:00 Power Pacing 55 minutes
					7:00 Yoga- Modified Ashtanga	8:00 Member's Choice
	8:30 Power Pacing 55 minutes		8:30 Power Pacing 45 minutes Room 1		8:30 Power Pacing 55 minutes	9:00 Yoga- Instructor's Choice Room 2
9:00 Member's Choice 90 min. Room 1	9:30 Power Toning 90 minutes Room 1	9:30 Ultimate Conditioning 75 min. Room 1	9:30 Cycle Pump Room 1	9:30 Cardio Blast Room 1	9:30 Power Toning 90 min. Room 1	9:30 Zumba / Belly- Dance Room 1
	9:30 Yoga- Modified Ashtanga 85 min. Room 2	9:30 Pilates Mat 60 min. Room 2	9:30 Yoga- Modified Ashtanga 85 min. Room 2	9:30 Your Bodies Room 2	9:30 Yoga- Vinyasa Flow 85 min. Room 2	10:00 Light N Fit Room 2
10:30 Zumba 50 minutes		10:30 Yoga- Gentle Flow Room 2			11:00 Zumba 50 minutes	
			12:00 Zumba Express 45 minutes			
		4:30 Total Body Fitness	4:30 Pilates	4:30 Zumba Room 1		
		5:30 Yoga- Gentle Flow Room 2	5:25 Bosu Pump Room 2	5:15 Yoga- Vinyasa Flow Room 2	5:00 Zumba Room 1	
	5:30 Simply Step 75 minutes	5:30 Member's Choice w/ Abs. 75 minutes	5:30 Member's Choice 75 minutes	5:30 Boot Camp		
	6:30 Power Pacing 55 minutes				Special Note: The following classes will be returning in the Fall 2010:	
		7:00 Pilates Room 2	6:45 Zumba	7:00 Zumba	Tues. 5:25 PM- Light N Up Wed. 6:30 PM – Power Pacing Thur. 7:15 AM- Energetic Yoga	

Classes may change without notice and are 55 minutes unless otherwise indicated. Check activity board in lobby for weekend changes and rotating schedules. Classes may be canceled without notice due to illness.