

GROUP FITNESS SCHEDULE

May 7, 2012 - July 15, 2012

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM	RAGE! (AS) Dianne	SPINNING® Dianne	RAGE! (AS) Dianne	SPINNING® Dianne	STRENGTH & STRETCH Dianne	
6:15 AM		CORE FIT (AS) Dianne		CORE FIT (AS) Dianne		
8:15 AM	BALANCE BASICS (AS) Dianne	SPINNING® Patrick ----- BODY FLEX (AS) T.	BALANCE BASICS (AS) Dianne	SPINNING® Patrick ----- BODY FLEX (AS) T.	SPINNING® Wyatt ----- BALANCE BASICS (AS) Dianne	SPINNING® Amy R.
9:00 AM	PILATES (AS) Emily	BODY SCULPT (AS) Dianne	PILATES (AS) Emily	BODY SCULPT (AS) Dianne		Total Body Circuit (AS) Penny
10:00 AM		ZUMBA Teresa		ZUMBA Teresa		
10:15 AM						CORE FIT (AS) Penny
10:30 AM						SPINNING® Karen ----- ZUMBA Tisha
11:30 AM						BODY SCULPT (AS) Karen
4:30 PM	ZUMBA Teresa	CARDIO HIP HOP(AS) Laurie	ZUMBA Teresa	CARDIO HIP HOP(AS) Laurie		
5:30 PM	SUPER STEP (AS) Amy T.	CardioTone Fusion (AS) Amy T. ----- PILATES (EC) Laurie	SUPER STEP (AS) Lindsey	ZUMBA Maya ----- PILATES (EC) Laurie		
5:45 PM	SPINNING® Joey	SPINNING® Bruce	SPINNING® Valerie	SPINNING® Joey	(AS) Aerobics Studio: 2nd Floor (MP) Multi-Purpose Room: 2nd Floor (EC) Education Classroom: 1st Floor (GF) Gym Floor: Basketball Court ZUMBA is located in the Aerobics Studio (AS) Spinning is located in the Spinning Room Class Descriptions & Policies Located on the Back	
6:00 PM		BODY SCULPT (GF) Karen		BODY SCULPT (GF) Karen		
6:30 PM	CORE FIT PLUS (AS) Amy T.	CORE FIT (AS) Amy T. ----- POWER YOGA (EC) Jack	CORE FIT (AS) Lindsey	CORE FIT (AS) Maya ----- POWER YOGA (EC) Jack		
7:00 PM		ZUMBA Tisha		CARDIO SALSA (AS) Andrew		

Interested in fitness-eXtreme boot camp classes?

Contact Evans Allen @ 601-259-0703