





















# GROUP FITNESS, SPIN & AQUATIC SCHEDULE (EFFECTIVE 6-20-2011)

Studio 1	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	<b>5:45am</b>	 (Dawn)		 (Christine)		 Wendy/Christine	<b>7:00am</b>	Power Hr. (Theresa/Laura)	
	<b>7:25am</b>	Yoga (Marg)		Senior Yoga (Marg)			<b>8:00am</b>	 (Wendy/Karen)	
	<b>8:30am</b>	Stretch & Tone (Rose)	 (Amy)	Stretch & Tone (Rose)	 (Amy)	Stretch & Tone (Rose)	<b>8:30am</b>		Power HR / Aerostep (Robin)
	<b>9:30am</b>	 (Carla)	 (Amy)	 (Carla)	TurboKick (Jenn)	Combo (Paula)	<b>9:00am</b>	 (Jenn/Taryn)	
	<b>10:45am</b>	Zumba (Amy)	Zumba (Heather)			Zumba (Amy)	<b>9:30am</b>		 (Katrina)
	<b>11:00am</b>				BodyShaping (Paula)		<b>10:00am</b>	 (Christine)	
	<b>4:30pm</b>	TurboKick (Jenn)	Hatha Yoga (Marg)		Hatha Yoga (Marg)	Zumba (Heather)	<b>10:30am</b>		 (Karen)
	<b>5:30pm</b>	 (Taryn)	 (Dawn)	 (Jill)	 (Katrina)	 (Jill)			
	<b>6:30pm</b>		 (Marcie)		 (Dawn)				
<b>7:00pm</b>	Zumba (Tina)		Zumba (Tina)						

Spin Studio	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	<b>5:45am</b>					Cardio Pace (Wendy)			
	<b>6:00am</b>		Cardio Pace (Judy)				<b>8:00am</b>	Cardio Pace (Theresa)	
	<b>9:00am</b>					Cycle / Yoga (Theresa)			
	<b>9:30am</b>	Drills n Hills (Wendy)		Drills n Hills (Barb)		Drills n Hills (Barb)			
	<b>10:30am</b>		30 min spin (Wendy)						
	<b>10:45am</b>	30 min spin (Wendy)		30 min spin (Kathy)					
	<b>4:30pm</b>				Cardio Pace (Dave)				
	<b>6:00pm</b>	Cardio Pace (Katie)		Drills n Hills (Katrina)					

Aqua Fitness	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	<b>8:30am</b>	Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua Fitness			
	<b>9:30am</b>	Aqua Fitness		Aqua Fitness		Aqua Fitness			
	<b>6:30pm</b>	Aqua Fitness	Aqua Fitness		Aqua Fitness				

