














GROUP FITNESS SCHEDULE (EFF. 4-19-10)

Studio 1	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	5:45am			Combo (Robin)		Step II (Robin)	7:00am	Power Hr. (Theresa/Laura)	
	8:30am	Stretch & Tone (Rose)	Zumba (Heather)	Stretch & Tone (Rose)	 (Amy)	Stretch & Tone (Rose)	7:45am	 (Wendy)	
	9:30am	 (Carla)	 (Amy)	 (Carla)	TurboKick (Jenn)	Combo (Paula)	8:30am		Aero./Pwrhr (Robin)
	9:30am		Power Hr. (Wendy) (on the track)				9:00am	Flow Yoga (Jeff)	
	10:45am	Zumba (Amy)				Zumba (Amy)	9:30am		 (Katrina)
	11:00am				15/15/15 (Paula)		10:00am	TurboKick (Joanna)	
							10:30am		 (Marcie)
							11:00am	 (Jill)	
	4:30pm	TurboKick (Jenn)	TurboKick (Joanna)	TurboKick (Taryn)		Zumba (Heather)			
	5:30pm	 (Taryn)	 (Wendy)	 (Jill)	Combo (Carla)	 (Jill)			
	6:00pm								
6:30pm				 (Dawn)					
7:00pm	Zumba (Tina)		Zumba (Tina)						

Yoga Studio	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	8.30am	Yoga (Marg)		Senior Yoga (Marg)					
	4:30pm		Hatha Yoga (Marg)		Hatha Yoga (Marg)				
	6.00pm			Flow Yoga (Kathy)					
	7.00pm	Flow Yoga (Jen)			Flow Yoga (Jeff)				

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