





Group Exercise Room

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Abs/Stretch 8:50-9:05 am Erin	RepReebok 5:30-6:30am Stephanie	Abs/Stretch 8:50-9:05am Pamela	RepReebok 5:30-6:30am Jill	Zumba 8:00-8:45am Kate	RepReebok 9:15-10:15 am Rotation	RepReebok 2:30-3:30 pm Rotation
Cardio Mix 9:15-10:15 am Erin	RepReebok 8:15-9:15 am Lucia	Cardio Mix 9:15-10:15 am Pamela	RepReebok 8:15-9:15 am Erin	Abs/Stretch 8:50-9:05 am Erin	3/1 Heather 3/8 Rebecca 3/15 Erin	3/2 Marsha 3/9 Carie 3/16 Stephanie
Silver Skrs 1 10:30-11:15 am Heather/Sandra	20/20/20 9:30-10:30 am Pamela	Silver Skrs 11 10:30-11:15 am Stephanie	Zumba 9:30-10:15am Kate	Step Cardio 9:15-10:15 am Joann	3/22 Stephanie 3/29 Carie	3/23 NO CLASS 3/10 Darlynn
Zumba 4:30-5:30pm Stephanie	INTERVAL 4:30-5:30pm Susan	M-Power 4:30-5:15pm Sandra	Cardio Mic 4:30-5:30 pm Pamela	Silver Skrs 1 10:30-11:15 am Heather		Yoga 3:45-4:45 pm Rotation
Boot Camp 6:00-7:00 pm Carie	Body Sculpt 6:00-7:00pm Marsha	ATHELIC TRNG 5:30-6:30pm Carie(In the gym)	RepReebok 6:00-7:00pm Marsha			3/2 JJ 3/9 Erin 3/16 Nikki
	Yoga 7:05-7:55 pm Erin	ZUMBA 5:45-6:45 pm Stephanie	Yoga 7:05-7:55 pm Nikki/JJ			3/23 NO CLASS 3/30 Michele

Mind/Body Room


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
*Pilates 9:30-10:15am Susan NEW TIME!	Yoga 9:20-10:20am Randa	*Pilates 8:00-8:40 am Lucia TIME CHANGE!	Yoga 9:20-10:20am JJ	*Pilates 9:30-10:15am Susan NEW TIME!		
*Pilates 7:00-7:45pm JJ	*Pilates 6:00-6:45 pm Darlynn		*Pilates 5:30-6:15pm Darlynn			
				<p>*Pilates Fundamentals: Monday, Mar 10 @ 7-8pm in the Group Exercise Room. Class is required before taking Pilates. Please register at the front desk.</p>		



Cycle Reebok

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:15 am Gene	5:45-6:30 pm Elise	5:30 - 6:15 am Stephanie/Lem	5:45 - 6:30 pm Amy	5:30-6:15 am Gene	8:15 - 9:00 am Rotation	
6:20 -7:00 am Stephanie		6:20 - 7:00 am Jill		6:20 - 7:00 am Jill	3/1 Jill 3/8 Amy 3/15 Lem	
8:00 - 8:45 am Elise		8:00 - 8:45 am Elise		8:00 - 8:45 am Stephanie	3/23 Stephanie 3/29 Elise	
5:45-6:30pm Amy/Stephanie		5:45-6:30pm Jill				

Water Aerobics

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 am Deep Water	9:00 am Deep Water	9:00 am Deep Water	9:00 am Deep Water	9:00 am Deep Water		
10:00 am Shallow Water	10:00 am Shallow Water	10:00 am Shallow Water	10:00 am Shallow Water	10:00 am Shallow Water		
7:15 pm Shallow Water	7:15 pm Deep Water					