HEALTHPLEX Group Exercise Schedule — REVISED FALL 2009 - effective 10/19/09 — 610-328-8888

Aerobics - Step - Hi/Lo - Sculpting - Pilates - Yoga - Tai Chi - Cycling - Aquatics - Prenatal/Postnatal

MONDAY

Studio 1	*Studio 2*	*Cycling Studio*	*Pilates Studio*	*MIM*	*Aqua*
6:00-6:45 Kettlebell F.I.T Zac					
8:30-9:25 Strength for Life Betsy					8:30-9:25 Aqua Easy (Wellness) Janice
9:30-10:25 BODY PUMP	9:30-10:45 Hatha Yoga Diane	9:30-10:15 Cycling Rachel	9:30-10:30 Reformer Jeanna **!		9:30-10:25 Power H2O Betsy #
10:30-11:25 Cardio Kickboxing starts 9/21				10:30-11:30 Struttin' Strollers Beth !	10:30-11:10 Aqua Easy (Wellness) Betsy
		12:00-12:45 Cycling Beth M.			11:15-12:00 Aqua Arthritis (Wellness) Christel
5:30-6:10 Cardio Blast Judi	4:30-5:30 Kidz Yoga **!				12:45-1:45 6:30-7:30 PM&R
6:15-6:55 BODY PUMP	5:45-7:00 Hatha Yoga Diane	6:30-7:15 Cycling Rob			7:00-7:55 Aqua Run & Tone Christel #
7:00-7:55 Pilates & Props Judi				7:30-8:30 Aqua Mom (Pool) Julie *!	7:30-8:30 WW (Wellness) Julie
8:00-9:15 Hatha Yoga Int-Adv. RuthAnne					Recreational Swim 5:00-8:30am 1:45-6:30pm 9:30-10:45pm

TUESDAY

Studio 1	*Studio 2*	*Cycling Studio*	*Pilates Studio*	*MIM*	*Aqua*
6:00-6:55 BODY PUMP		6:00-6:45 Cycling Susan			8:30-9:25 Waves in Motion Vickie
8:30-9:25 BODY PUMP					9:30-10:25 Power Hydro-Worx Vickie #
9:30-10:25 Pilates Mat Betty	9:30-10:15 Boot Camp bball court Ed **	9:30-10:30 Strength Ride Beth M.			9:30-10:30 PM&R
10:30-11:45 Hatha Yoga RuthAnne	10:00-11:00 Tai Chi II Zac !			10:00-11:00 Struttin' Strollers Tonya !	11:30-12:25 AF (Wellness) Maria
12:00-12:55 BODY PUMP					12:30-1:25 Aqua NMC (Wellness) Maria
4:30-5:15 Total Body Kidz **!					1:15-2:00 Aqua Easy Betsy
5:30-6:25 20/20/20 Anne		6:00-6:45 Beginner Cycle Susan	6:30-7:30 Reformer Beth M. **!	6:30-7:30 Healthy Living !	6:30-7:25 WW (Wellness) Janice
6:30-7:25 Total Function Dennis					7:30-8:00 Volleyball Janice
7:30-8:45 Hatha Yoga Beg-Int. Leslie					Recreational Swim 5:00-8:30am 2:00-6:30pm 8:00-9:45pm

WEDNESDAY

Studio 1	*Studio 2*	*Cycling Studio*	*Pilates Studio*	*MIM*	*Aqua*
6:15-7:00 Kettlebell F.I.T Brian		6:00-6:45 Cycling Betty			8:30-9:25 Aqua Easy (Wellness) Vickie
8:30-9:25 Strength for Life Betsy			8:30-9:30 Reformer Betty **!		9:30-10:25 Power H2O Vickie #
9:30-10:25 Hi/Lo & Strength Kathy	9:30-10:45 Vinyasa Yoga Lisa	9:30-10:15 Cycling Erin	9:30-10:30 Reformer Betty **!		10:30-11:10 Aqua Easy (Wellness) Vickie
10:30-11:25 BOSU Andrew				10:30-11:30 Struttin' Strollers Beth !	11:15-11:55 Aqua Arthritis (Wellness) Vickie
		12:00-12:45 Cycling Beth M.			12:00-12:45 Power Hydro-Worx Vickie
5:00-5:55 BODY PUMP			3:30-4:30 Reformer Betty **!		
6:00-6:55 Pilates Principles Jeanna	6:30-9:30 Ballroom Dancing **!	6:30-7:25 Cycling Plus Steve			6:30-7:30 PM&R
7:00-7:55 Step & PUMP Guy				7:30-8:30 Aqua Mom (Pool) Julie *!	7:30-8:30 WW (Wellness) Julie
					Recreational Swim 5:00-8:30am 1:45-6:30pm 9:30-10:45pm

(Wellness) classes require registration for non-members

** All are welcome to participate for a nominal fee.

! - Registration Required

FF - Fitness Floor

- Lap Pool

LAP SWIM IS AVAILABLE AT ALL TIMES

CBS - Cardio Blast & Sculpt

P/Y - Pilates/ Yoga Fusion

AF - Aqua Fibromyalgia

WW - Water Workout

MIM - Moms in Motion

Rising Stars Hours: 610-328-8876

Mon - Thur: 8:30am-8:00pm

Fri: 8:30am-7:00pm

Sat: 8:30am-1:00pm Sun: 9:00am-1:00pm

Peanut Free Zone

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THURSDAY

Studio 1	Studio 2	Cycling Studio	Pilates Studio	MIM	Aqua
6:00-6:55 Sport to the Max Guy			7:00-8:00 Reformer Betty **!		8:30-9:25 Waves in Motion Vickie
9:15-10:10 PlexFlex Betty					9:30-10:25 Power Hydro-Worx Vickie #
10:15-10:55 Pilates Mat Betty	9:30-10:15 Boot Camp bball court Ed **				9:30-11:30 PM&R
11:00-12:15 Gentle Yoga Diane	10:00-11:00 Tai Chi II Zac !				11:30-12:25 AF (Wellness) Maria
					12:30-1:25 Aqua NMC (Wellness) Maria
				6:00-7:15 PreNatal Yoga Heather !	1:15-1:55 Aqua Easy Betsy
6:30-7:25 Total Function Dennis		6:30-7:15 Cycling Erin	6:30-7:30 Reformer Beth **!	6:30-7:30 Healthy Living !	6:30-7:25 Aqua Yoga Julie
7:30-8:45 Hatha Yoga Heather					7:00-7:55 Aqua Run & Tone Christel
					7:30-8:25 Aqua Easy (Wellness) Julie
					Recreational Swim 5:00-8:30am 2:00-6:30pm 8:30-9:45pm

FRIDAY

Studio 1	Studio 2	Cycling Studio	Pilates Studio	MIM	Aqua
6:00-6:55 CBS Judi		6:00-7:00 Cycle Plus Steve			8:00-8:55 Aqua Easy (Wellness) Carol
8:30-9:25 Strength for Life Betsy	8:00-8:55 Zumba ends 11/20				9:00-9:55 Aqua Pilates Fusion Carol
9:30-10:25 Fusion P/Y Colette		9:30-10:15 Cycling Betty		9:30-10:30 Struttin' Strollers Beth !	10:00-12:00 PM&R
10:30-11:45 Hatha Yoga Lisa					12:00-12:45 Aqua Arthritis (Wellness) Maria
					Recreational Swim 5:00-8:15am 12:00-4:30pm 5:00-9:45pm
4:15-5:00 Recess! **!					

PLEASE NOTE: Descriptions of the classes are available on line. Visit www.healthplex.net. For a large print version contact beth.mcneely@crozer.org

Reformer Policies

Cancellations for reformer classes must be done by 3Pm the day prior to your scheduled class or you will be charged. Late entrance to reformer classes will not be permitted. Call to schedule reformer appointments - 610-328-8868

SATURDAY

Studio 1	Studio 2	Cycling Studio	Pilates Studio	MIM	Aqua
8:30-9:55 Sunrise Yoga Colette		8:30-9:30 Cycling Plus Mitch/ Steve	9:00-10:00 Reformer Jeanna **!		10:15-11:10 Instructor's Choice
10:00-11:15 Hi/Lo & Strength Judi	10:00-10:55 Pilates Principles Adv. Jeanna	9:45-10:30 Cycling Kelly			11:15-12:10 Aqua Easy (Wellness)
2:00-2:55 Zumba ends 11/21					Recreational Swim 7:00-9:30am 12:15-7:45pm

SUNDAY

Studio 1	Studio 2	Cycling Studio	Pilates Studio	MIM	Aqua
		8:30-9:30 Cycling Plus Steve			10:00-10:55 Instructor's Choice Tia
10:00-11:30 Hatha Yoga Leslie/ RuthAnne		10:00-10:45 Cycling Steve			11:00-11:55 Aqua Easy (Wellness) Tia
12:00-12:55 Zumba ends 11/22					Recreational Swim 7:00-9:30am 12:15-5:45pm

Healthplex Sports Club

610-328-8888

Monday & Wednesday 5am - 11pm

Tues., Thurs., & Friday 5am - 10pm

Saturday 7am - 8pm

Sunday 7am - 6pm

www.healthplex.net