

# Group Fitness Schedule SUMMER 2008

## Monday

Time	Class	Room
6:00am	<b>Kettlebell F.I.T.</b> <i>Michelle</i>	1
8:30am	<b>Strength for Life</b> <i>Tina</i>	1
9:30am	<b>20/20/20</b> <i>Beth M.</i>	1
9:30am	<b>Cycling*</b> <i>Kelly</i>	CS
9:30am	<b>Hatha Yoga*</b> <i>Diane</i>	2
10:30am	<b>Struttin' Strollers*</b> <i>Beth M.</i>	
4:30pm	<b>Kidz Yoga**</b> <i>Diane</i>	2
5:45pm	<b>Hatha Yoga *</b> <i>Diane</i>	2
6:00pm	<b>Cardioblast &amp; Strength</b> <i>Judi</i>	1
6:30pm	<b>Cycling Plus*</b> <i>Rob</i>	CS
7:00pm	<b>Pilates &amp; Props*</b> <i>Judi</i>	1
8:00pm	<b>Hatha Yoga *</b> <i>RuthAnne</i>	1

## Tuesday

Time	Class	Room
6:00am	<b>Step &amp; Strength</b> <i>Guy</i>	1
6:00am	<b>Cycling*</b> <i>Susan</i>	CS
8:30am	<b>Cardio Frenzy</b> <i>Beth M.</i>	Floor
9:15am	<b>Pilates Mat*</b> <i>Betty</i>	1
9:30am	<b>Strength Ride (60)</b> <i>Beth M.</i>	CS
10:30am	<b>Hatha Yoga *</b> <i>Ruth Anne</i>	1
11:30am	<b>Struttin' Strollers</b> <i>Tonya</i>	
5:00pm	<b>Karate**</b>	2
5:30pm	<b>20/20/20</b> <i>Judi</i>	1
6:00pm	<b>Beginner Cycling</b> <i>Susan</i>	CS
6:30pm	<b>Kettlebell F.I.T.</b> <i>Tad</i>	1
7:30pm	<b>Vinyasa Yoga Workout*</b> <i>Dan</i>	1

## Wednesday

Time	Class	Room
6:00am	<b>Kettlebell F.I.T.</b> <i>Michelle</i>	1
6:00am	<b>Cycling*</b> <i>Betty</i>	CS
7:00am	<b>Kettlebell F.I.T.</b> <i>Brian</i>	1
8:30am	<b>Strength for Life</b> <i>Tina</i>	1
9:15am	<b>Vinyasa Yoga</b> <i>Lisa</i>	2
9:30am	<b>Cycling*</b> <i>Erin</i>	CS
9:30am	<b>Pilates Mat*(45)</b> <i>Judi</i>	1
10:15 AM	<b>Cardioblast Interval</b> <i>Judi</i>	1
10:30am	<b>Struttin' Strollers</b> <i>Beth M.</i>	
6:30pm	<b>Cycling*</b> <i>Erin</i>	CS
6:00pm	<b>Pilates Principles*</b> <i>Jeanna</i>	1
7:00 PM	<b>Vinyasa Yoga</b> <i>Mary Anne</i>	2
7:00pm	<b>Back and Abs</b> <i>Beth M.</i>	1
7:30pm	<b>Total Body Fitness</b> <i>Beth M.</i>	1

## Thursday

Time	Class	Room
6:00am	<b>Step &amp; Strength</b> <i>Guy</i>	1
9:15am	<b>Plex Flex</b> <i>Betty</i>	1
10:15am	<b>Pilates Mat*(45)</b> <i>Betty</i>	1
11:00am	<b>Gentle Kripalu Yoga</b> <i>Panna</i>	1
5:00pm	<b>Karate**</b>	2
5:30pm	<b>Kettlebell F.I.T.</b> <i>Tad</i>	1
6:30pm	<b>Cycling*</b> <i>Rob</i>	CS
6:30pm	<b>Kickboxing Interval</b> <i>Laurie</i>	1
7:30pm	<b>Hatha Yoga*</b> <i>Leslie</i>	1

## Friday

Time	Class	Room
6:00am	<b>Cycling Plus*</b> <i>Kelly</i>	CS
6:00am	<b>Cardioblast Interval</b> <i>Judi</i>	1
7:00am	<b>Kettlebell F.I.T.</b> <i>Michelle</i>	1
8:30am	<b>Strength for Life</b> <i>Tina</i>	1
9:30am	<b>Pilates/Yoga Fusion*</b> <i>Colette</i>	1
9:30am	<b>Cycling*</b> <i>Betty</i>	CS
9:30am	<b>Struttin' Strollers*</b> <i>Beth M.</i>	
10:30am	<b>Hatha Yoga*</b> <i>Colette</i>	1
4:00pm	<b>Total Body Kidz**</b> <i>Brian</i>	1

## Saturday

Time	Class	Room
8:30am	<b>Cycling Plus*</b> <i>Beth C.</i>	CS
8:30am	<b>Sunrise Yoga (90)</b> <i>Colette</i>	1
9:45am	<b>Cycling*</b> <i>Beth C.</i>	CS
10:00am	<b>Hi/Lo &amp; Strength (75)</b> <i>Judi</i>	1
10:00am	<b>Pilates Principles*</b> <i>Jeanna</i>	2

## Sunday

Time	Class	Room
8:30am	<b>Cycling Plus*</b> <i>Steve</i>	CS
9:45am	<b>Cycling*</b> <i>Steve</i>	CS
10:00am	<b>Hatha Yoga *(90)</b> <i>Leslie/Ruth Anne</i>	1