



**HEALTHPLEX Group Exercise Schedule**

**October 5th - January 3rd**

**610-328-8888**

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

THURSDAY						FRIDAY						SATURDAY					
Studio 1	Studio 2	Cycling Studio	Pilates Studio	MIM	Aqua	Studio 1	Studio 2	Cycling Studio	Pilates Studio	MIM	Aqua	Studio 1	Studio 2	Cycling Studio	Pilates Studio	MIM	Aqua
6:00-6:55 Sport to the Max Guy		6:00 - 7:00 Strength Ride Taylor	7:00-8:00 Reformer Betty **!		8:30-9:25 Waves in Motion Vickie	6:00-6:55 CBS Judi		6:00-7:00 Cycle Plus Steve			8:00-8:55 Aqua Easy (Wellness) Carol	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
9:15-10:10 PlexFlex Betty					9:30-10:25 Power Hydro-Worx Vickie #	7:00-7:45 Kettlebell F.I.T Zac					9:00-9:55 Aqua Pilates Fusion Carol	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)
10:15-10:55 Pilates Mat Betty	9:30-10:15 Boot Camp bball court Ed **				9:30-11:30 PM&R	8:30-9:25 Strength for Life Betsy					10:00-12:00 PM&R						Recreational Swim 7:00-9:30am 12:15-7:45pm
11:00-12:15 Gentle Yoga Diane	10:00-11:00 Tai Chi II Zac !				11:30-12:25 AF (Wellness) Maria	9:30-10:25 Fusion P/Y Colette		9:30-10:15 Cycling Betty		9:30-10:30 Struttin' Strollers Beth !	12:00-12:45 Aqua Arthritis (Wellness) Maria	<b>SUNDAY</b>					
	12:00-1:00 Tai Chi Betsy !				12:30-1:25 Aqua NMC (Wellness) Maria	10:30-11:45 Hatha Yoga Lisa				Recreational Swim 5:00-8:15am 12:00-4:30pm 5:00-9:45pm							
5:45-6:15 Jumprope Training Erin				6:00-7:15 PreNatal Yoga Heather !	1:15-1:55 Aqua Easy Betsy	4:15-5:00 Recess! **!								8:30-9:30 Cycling Plus Steve			10:00-10:55 Instructor's Choice Tia
<b>6:30-7:25 BODY PUMP</b>		6:30-7:15 Cycling Rob	6:30-7:30 Reformer Beth**!	6:30-7:30 Healthy Living !	6:30-7:25 Aqua Yoga Julie	<b>PLEASE NOTE:</b> Descriptions of the classes are available on line. Visit <a href="http://www.healthplex.net">www.healthplex.net</a> . For a large print version contact <a href="mailto:beth.mcneely@crozer.org">beth.mcneely@crozer.org</a>						10:00-11:30 Hatha Yoga Leslie/ RuthAnne		10:00-10:45 Cycling Steve			11:00-11:55 Aqua Easy (Wellness) Tia
7:30-8:45 Hatha Yoga Heather					7:00-7:55 Aqua Run & Tone Christel							<b>Reformer Policies</b> 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					
					7:30-8:25 Aqua Easy (Wellness) Julie	<b>Rising Stars Hours:</b> Mon - Thur: 8:30am-8:00pm Fri: 8:30am-7:00pm Sat: 8:30am-1:00pm Sun: 9:00am-1:00pm 610-328-8876 Peanut Free Zone											
					Recreational Swim 5:00-8:30am 2:00-6:30pm 8:30-9:45pm												

