

Group Fitness Schedule

Monday 11/29/2010	Tuesday 11/30/2010	Wednesday 12/1/2010	Thursday 12/2/2010	Friday 12/3/2010	Saturday 12/4/2010	Sunday 12/5/2010
Indoor Cycling (Cycle Studio) 5:45-6:30 AM ,Mychele L	Core Express (GX Studio) 5:45-6:00 AM ,Kelly	Indoor Cycling (Cycle Studio) 5:45-6:45 AM ,Tina	Core Express (GX Studio) 5:45-6:00 AM ,Kelly	Indoor Cycling (Cycle Studio) 5:45-6:30 AM ,Nathan	Indoor Cycling (Cycle Studio) 8:00-9:00 AM ,Karen	Indoor Cycling (Cycle Studio) 8:00-9:00 AM ,Alison
Total Body Conditioning (GX Studio) 6:30-7:15 AM ,Tricia	Sports Training (GX Studio) 6:00-6:45 AM ,Kelly	Group Power (GX Studio) 6:30-7:30 AM ,Heather	Sports Training (GX Studio) 6:00-6:45 AM ,Kelly	Total Body Conditioning (GX Studio) 6:30-7:15 AM ,Karen	Group Power (GX Studio) 8:15-9:15 AM ,Heather	Super Circuit (GX Studio) 8:15-9:15 AM ,Scott
Core Express (GX Studio) 7:15-7:30 AM ,Tricia	Indoor Cycling (Cycle Studio) 7:00-7:45 AM ,Brett	BOSU Blast (GX Studio) 8:15-9:15 AM ,Eliza	Indoor Cycling (Cycle Studio) 7:00-7:45 AM ,Mychele L	Core Express (GX Studio) 7:15-7:30 AM ,Karen	Core Express (GX Studio) 9:15-9:30 AM ,Maria	Core Express (GX Studio) 9:15-9:30 AM ,Scott
Total Body Conditioning (GX Studio) 8:15-9:15 AM ,Amy	Group Kick (GX Studio) 8:15-9:15 AM ,Lexi	SoulSweat (Group Fitness Studio) 9:15-10:15 AM ,Hannah	Step (GX Studio) 8:15-9:15 AM ,Karen	Super Circuit (GX Studio) 8:15-9:15 AM ,Greg	Group Kick (GX Studio) 9:30-10:30 AM ,Maria	Chisel (GX Studio) 9:30-10:30 AM ,Jenni
Indoor Cycling (Cycle Studio) 9:30-10:30 AM ,Amy	Cardio Chisel (GX Studio) 9:30-10:15 AM ,Tracy M	Indoor Cycling (Cycle Studio) 9:30-10:30 AM ,Shannon	BOSU Blast (GX Studio) 9:30-10:15 AM ,Jenni	NIA (GX Studio) 9:15-10:15 AM ,Maggie	Balletone (GX Studio) 10:30-11:30 AM ,Amanda	Group Centergy (GX Studio) 10:30-11:30 AM ,Megan
Group Power (GX Studio) 10:30-11:30 AM ,Maria	Core Express (GX Studio) 10:15-10:30 AM ,Tracy M	Chisel (GX Studio) 10:30-11:30 AM ,Jenni	Core Express (GX Studio) 10:15-10:30 AM ,Jenni	Indoor Cycling (Cycle Studio) 9:30-10:30 AM ,Paul		
	Balletone (GX Studio) 10:30-11:30 AM ,Shannon		Zumba (GX Studio) 10:30-11:30 AM ,Tracy M	Total Body Conditioning (GX Studio) 10:30-11:30 AM ,Nan		
Treadmill Training (Exercise Floor) 11:30-12:00 PM ,Holly	Water Fitness (Pool) 11:30-12:30 PM ,Scott	Treadmill Training (Exercise Floor) 11:30-12:00 PM ,Holly	Water Fitness (Pool) 11:30-12:30 PM ,Beatriz	Treadmill Training (Exercise Floor) 11:30-12:00 PM ,Holly	Fit Kids (GX Studio) 12:00-12:45 PM ,Traci Johnson	
Core Express (GX Studio) 12:00-12:30 PM ,Jenni	Indoor Cycling (Cycle Studio) 12:00-12:45 PM ,Maria	Core Express (GX Studio) 12:00-12:30 PM ,Beth	Indoor Cycling (Cycle Studio) 12:00-12:45 PM ,Alison	Core Express (GX Studio) 12:00-12:30 PM ,Maria		
Armed & Dangerous (GX Studio) 12:30-1:00 PM ,Jenni		Below the Belt (GX Studio) 12:30-1:00 PM ,Beth	Fit Kids (GX Studio) 3:45-4:30 PM ,Traci Johnson	Group Power (GX Studio) 12:30-1:30 PM ,Maria		
Indoor Cycling (Cycle Studio) 12:30-1:15 PM ,Kelly				Indoor Cycling (Cycle Studio) 12:30-1:15 PM ,Tricia		
BOSU Blast (GX Studio) 4:30-5:15 PM ,Shannon	Core Cardio (GX Studio) 4:30-5:00 PM ,Beth	Group Power (GX Studio) 4:30-5:15 PM ,Heather	Core Cardio (GX Studio) 4:30-5:00 PM ,Kelly	Group Centergy (GX Studio) 4:30-5:30 PM ,Maria		
Water Fitness (Pool) 5:00-6:00 PM ,Laura	Below the Belt (GX Studio) 5:00-5:30 PM ,Beth	Water Fitness (Pool) 5:00-6:00 PM ,Beatriz	Armed & Dangerous (GX Studio) 5:00-5:30 PM ,Kelly	Indoor Cycling (Cycle Studio) 5:30-6:15 PM ,Brett		
Core Express (GX Studio) 5:15-5:30 PM ,Megan	Zumba (GX Studio) 5:30-6:30 PM ,Carol	Core Express (GX Studio) 5:15-5:30 PM ,Heather	Cardio Chisel (GX Studio) 5:30-6:30 PM ,Sonia	Zumba (GX Studio) 5:45-6:45 PM ,Amanda		
Group Power (GX Studio) 5:30-6:15 PM ,Megan	Indoor Cycling (Cycle Studio) 6:15-7:15 PM ,Kelly	Total Body Conditioning (GX Studio) 5:30-6:15 PM ,Nan	Indoor Cycling (Cycle Studio) 6:15-7:15 PM ,Amy			
Indoor Cycling (Cycle Studio) 5:45-6:45 PM ,Karen	Sports Training (GX Studio) 6:30-7:30 PM ,Scott	Indoor Cycling (Cycle Studio) 5:45-6:45 PM ,Nathan	Group Power (GX Studio) 6:30-7:30 PM ,Megan			
SoulSweat (GX Studio) 6:15-7:15 PM ,Hannah		Cardio Kickboxing (GX Studio) 6:15-7:15 PM ,Teresa				

Group Fitness Schedule

Monday 12/6/2010	Tuesday 12/7/2010	Wednesday 12/8/2010	Thursday 12/9/2010	Friday 12/10/2010	Saturday 12/11/2010	Sunday 12/12/2010
Indoor Cycling (Cycle Studio) 5:45-6:30 AM ,Mychele L	Core Express (GX Studio) 5:45-6:00 AM ,Kelly	Indoor Cycling (Cycle Studio) 5:45-6:45 AM ,Tina	Core Express (GX Studio) 5:45-6:00 AM ,Kelly	Indoor Cycling (Cycle Studio) 5:45-6:30 AM ,Nathan	Indoor Cycling (Cycle Studio) 8:00-9:00 AM ,Karen	Indoor Cycling (Cycle Studio) 8:00-9:00 AM ,Alison
Total Body Conditioning (GX Studio) 6:30-7:15 AM ,Tricia	Sports Training (GX Studio) 6:00-6:45 AM ,Kelly	Group Power (GX Studio) 6:30-7:30 AM ,Heather	Sports Training (GX Studio) 6:00-6:45 AM ,Kelly	Total Body Conditioning (GX Studio) 6:30-7:15 AM ,Karen	Group Power (GX Studio) 8:15-9:15 AM ,Heather	Super Circuit (GX Studio) 8:15-9:15 AM ,Scott
Core Express (GX Studio) 7:15-7:30 AM ,Tricia	Indoor Cycling (Cycle Studio) 7:00-7:45 AM ,Brett	BOSU Blast (GX Studio) 8:15-9:15 AM ,Eliza	Indoor Cycling (Cycle Studio) 7:00-7:45 AM ,Mychele L	Core Express (GX Studio) 7:15-7:30 AM ,Karen	Core Express (GX Studio) 9:15-9:30 AM ,Maria	Core Express (GX Studio) 9:15-9:30 AM ,Scott
Total Body Conditioning (GX Studio) 8:15-9:15 AM ,Amy	Group Kick (GX Studio) 8:15-9:15 AM ,Lexi	SoulSweat (Group Fitness Studio) 9:15-10:15 AM ,Hannah	Step (GX Studio) 8:15-9:15 AM ,Karen	Super Circuit (GX Studio) 8:15-9:15 AM ,Greg	Group Kick (GX Studio) 9:30-10:30 AM ,Maria	Chisel (GX Studio) 9:30-10:30 AM ,Jenni
Indoor Cycling (Cycle Studio) 9:30-10:30 AM ,Amy	Cardio Chisel (GX Studio) 9:30-10:15 AM ,Tracy M	Indoor Cycling (Cycle Studio) 9:30-10:30 AM ,Shannon	BOSU Blast (GX Studio) 9:30-10:15 AM ,Jenni	NIA (GX Studio) 9:15-10:15 AM ,Maggie	Balletone (GX Studio) 10:30-11:30 AM ,Amanda	Group Centergy (GX Studio) 10:30-11:30 AM ,Megan
Indoor Cycling (Cycle Studio) 10:30-11:30 AM ,Maria	Core Express (GX Studio) 10:15-10:30 AM ,Tracy M	Chisel (GX Studio) 10:30-11:30 AM ,Jenni	Core Express (GX Studio) 10:15-10:30 AM ,Jenni	Indoor Cycling (Cycle Studio) 9:30-10:30 AM ,Paul		
	Balletone (GX Studio) 10:30-11:30 AM ,Shannon		Zumba (GX Studio) 10:30-11:30 AM ,Tracy M	Total Body Conditioning (GX Studio) 10:30-11:30 AM ,Nan		
Treadmill Training (Exercise Floor) 11:30-12:00 PM ,Holly	Water Fitness (Pool) 11:30-12:30 PM ,Scott	Treadmill Training (Exercise Floor) 11:30-12:00 PM ,Holly	Water Fitness (Pool) 11:30-12:30 PM ,Beatriz	Treadmill Training (Exercise Floor) 11:30-12:00 PM ,Holly	Fit Kids (GX Studio) 12:00-12:45 PM ,Traci Johnson	
Core Express (GX Studio) 12:00-12:30 PM ,Jenni	Indoor Cycling (Cycle Studio) 12:00-12:45 PM ,Maria	Core Express (GX Studio) 12:00-12:30 PM ,Beth	Indoor Cycling (Cycle Studio) 12:00-12:45 PM ,Alison	Core Express (GX Studio) 12:00-12:30 PM ,Maria		
Indoor Cycling (Cycle Studio) 12:30-1:15 PM ,Kelly		Below the Belt (GX Studio) 12:30-1:00 PM ,Beth	Fit Kids (GX Studio) 3:45-4:30 PM ,Traci Johnson	Indoor Cycling (Cycle Studio) 12:30-1:15 PM ,Tricia		
Armed & Dangerous (GX Studio) 12:30-1:00 PM ,Jenni				Group Power (GX Studio) 12:30-1:30 PM ,Maria		
BOSU Blast (GX Studio) 4:30-5:15 PM ,Shannon	Core Cardio (GX Studio) 4:30-5:00 PM ,Beth	Group Power (GX Studio) 4:30-5:15 PM ,Heather	Core Cardio (GX Studio) 4:30-5:00 PM ,Kelly	Group Centergy (GX Studio) 4:30-5:30 PM ,Maria		
Water Fitness (Pool) 5:00-6:00 PM ,Laura	Below the Belt (GX Studio) 5:00-5:30 PM ,Beth	Water Fitness (Pool) 5:00-6:00 PM ,Beatriz	Armed & Dangerous (GX Studio) 5:00-5:30 PM ,Kelly	Indoor Cycling (Cycle Studio) 5:30-6:15 PM ,Brett		
Core Express (GX Studio) 5:15-5:30 PM ,Megan	Zumba (GX Studio) 5:30-6:30 PM ,Carol	Core Express (GX Studio) 5:15-5:30 PM ,Heather	Cardio Chisel (GX Studio) 5:30-6:30 PM ,Sonia	Zumba (GX Studio) 5:45-6:45 PM ,Amanda		
Group Power (GX Studio) 5:30-6:15 PM ,Megan	Indoor Cycling (Cycle Studio) 6:15-7:15 PM ,Kelly	Total Body Conditioning (GX Studio) 5:30-6:15 PM ,Nan	Indoor Cycling (Cycle Studio) 6:15-7:15 PM ,Amy			
Indoor Cycling (Cycle Studio) 5:45-6:45 PM ,Karen	Sports Training (GX Studio) 6:30-7:30 PM ,Scott	Indoor Cycling (Cycle Studio) 5:45-6:45 PM ,Nathan	Group Power (GX Studio) 6:30-7:30 PM ,Megan			
SoulSweat (GX Studio) 6:15-7:15 PM ,Hannah		Cardio Kickboxing (GX Studio) 6:15-7:15 PM ,Teresa				