

Group Fitness Schedule

Monday 9/6/2010	Tuesday 9/7/2010	Wednesday 9/8/2010	Thursday 9/9/2010	Friday 9/10/2010	Saturday 9/11/2010	Sunday 9/12/2010
Boot Camp 9:00-10:15 AM Group Fitness Studio, Linda B.	Group Cycling 5:30-6:30 AM Spin Room, Neal M.	Group Power 6:00-7:00 AM Group Fitness Studio, Laura Z.	Group Cycling 5:30-6:30 AM Spin Room, Neal M.	Boot Camp 6:00-7:00 AM Group Fitness Studio, Ben C.	Boot Camp 8:15-9:30 AM Group Exercise Studio, Hallie R.	Advanced Step 9:00-10:00 AM Group Fitness Studio, Jill D.
Water Fitness 9:00-10:30 AM Outdoor Pool, Ulla M.	Cardio Kickboxing 9:00-9:45 AM Group Fitness Studio, Linda B.	Basic Step 8:15-9:15 AM Group Fitness Studio, Roxi B.	Group Kick 8:45-9:45 AM Group Fitness Studio, Josh M.	Group Power 8:30-9:30 AM Group Fitness Studio, Maria K.	Water Fitness 9:00-10:30 AM Outdoor Pool, Anna N.	Water Fitness 9:00-10:30 AM Outdoor Pool, Anna N.
Cross Fit 9:30-10:30 AM CrossFit Room, Trainer	Water Fitness 9:00-10:30 AM Outdoor Pool, Cheri W.	Water Fitness 9:00-10:30 AM Outdoor Pool, Teresa F.	Water Fitness 9:00-10:30 AM Outdoor Pool, Cheri W.	Water Fitness 9:00-10:30 AM Outdoor Pool, Judy C.	Intermediate Step 9:30-10:30 AM Group Fitness Studio, Rachel S.	Group Cycling 9:15-10:30 AM Spin Room, Dawn H.
	Group Cycling 9:30-10:30 AM Spin Room, Dawn H.	Total Body Conditioning 9:30-10:30 AM Group Fitness Studio, Stacy H.	Group Cycling 9:30-10:30 AM Spin Room, Dawn H.	Sports Training 9:30-10:45 AM Upstairs Studio, Rachel S.	Chisel Express 10:30-11:00 AM Group Fitness Studio, Rachel S.	15/30/45 9:45-11:15 AM Group Fitness Studio, Linda B.
	Bosu Blast 9:45-10:45 AM Group Fitness Studio, Linda B.	Cross Fit 9:30-10:30 AM CrossFit Room, Trainer	Core Cardio 9:45-10:45 AM Upstairs Studio, Rachel S.		Power Yoga 10:30-11:30 AM Mind Body Studio, Kari	
	Zumba 10:45-11:45 AM Upstairs Studio, Christine H.	Group Centergy 10:30-11:30 AM Mind Body Studio, Lexi B.	Chisel 10:45-11:30 AM Upstairs Studio, Dawn H.			
		Zumba 10:30-11:30 AM Group Fitness Studio, Kathy K.				
	Cardio Chisel 12:00-1:00 PM Upstairs Studio, Aaron Z.	Boot Camp 12:00-1:15 PM Group Fitness Studio, Kathryn W.	Cardio Chisel 12:00-1:00 PM Upstairs Studio, Aaron Z.	Group Cycling 12:00-1:00 PM Spin Room, Kathy R.		
		Cycle Circuit 12:00-1:00 PM Spin Room, Aaron Z.				
	Super Circuit 5:30-6:30 PM Group Fitness Studio, Kathryn W.	Intermediate Step 5:00-6:00 PM Group Fitness Studio, Rachel S.	Super Circuit 5:30-6:30 PM Group Fitness Studio, Aaron Z.	Group Power 5:00-6:00 PM Group Fitness studio, Heidi O.		
	Cross Fit 5:30-6:30 PM CrossFit Room, Trainer	Group Centergy 6:00-7:00 PM Mind Body Studio, Dena S.	Balletone 6:30-7:30 PM Upstairs Studio, Joni M.			
	Zumba 6:30-7:30 PM Upstairs Studio, Kathy K.	Group Power 6:00-7:00 PM Group Fitness Studio, Treenah H.				

Group Fitness Schedule

Monday 9/13/2010	Tuesday 9/14/2010	Wednesday 9/15/2010	Thursday 9/16/2010	Friday 9/17/2010	Saturday 9/18/2010	Sunday 9/19/2010
Intervals 6:00-6:30 AM Cardio Room, Vicky K.	Group Cycling 5:30-6:30 AM Spin Room, Neal M.	Group Power 6:00-7:00 AM Group Fitness Studio, Laura Z.	Group Cycling 5:30-6:30 AM Spin Room, Neal M.	Boot Camp 6:00-7:00 AM Group Fitness Studio, Ben C.	Group Kick 8:15-9:15 AM Group Fitness Studio, Lexi B.	Advanced Step 9:00-10:00 AM Group Fitness Studio, Jill D.
Chisel 6:30-7:00 AM Group Fitness Studio, Vicky K.	Water Fitness 9:00-10:30 AM Outdoor Pool, Cheri W.	Basic Step 8:15-9:15 AM Group Fitness Studio, Roxi B.	Group Kick 8:45-9:45 AM Group Fitness Studio, Josh M.	Group Power 8:30-9:30 AM Group Fitness Studio, Maria K.	Water Fitness 9:00-10:30 AM Outdoor Pool, Anna N.	Water Fitness 9:00-10:30 AM Outdoor Pool, Anna N.
Zumba 8:30-9:30 AM Upstairs Studio, Kathy K.	Cardio Kickboxing 9:00-9:45 AM Group Fitness Studio, Linda B.	Water Fitness 9:00-10:30 AM Outdoor Pool, Teresa F.	Water Fitness 9:00-10:30 AM Outdoor Pool, Cheri W.	Water Fitness 9:00-10:30 AM Outdoor Pool, Judy C.	Intermediate Step 9:30-10:30 AM Group Fitness Studio, Rachel S.	Group Cycling 9:15-10:30 AM Spin Room, Dawn H.
Intervals 9:00-9:30 AM Cardio Room, Linda B.	Group Cycling 9:30-10:30 AM Spin Room, Dawn H.	Total Body Conditioning 9:30-10:30 AM Group Fitness Studio, Stacy H.	Group Cycling 9:30-10:30 AM Spin Room, Dawn H.	Sports Training 9:30-10:45 AM Upstairs Studio, Rachel S.	Chisel Express 10:30-11:00 AM Group Fitness Studio, Rachel S.	15/30/45 9:45-11:15 AM Group Fitness Studio, Linda B.
Water Fitness 9:00-10:30 AM Outdoor Pool, Ulla M.	Bosu Blast 9:45-10:45 AM Group Fitness Studio, Linda B.	Cross Fit 9:30-10:30 AM CrossFit Room, Trainer	Core Cardio 9:45-10:45 AM Upstairs Studio, Rachel S.		Power Yoga 10:30-11:30 AM Mind Body Studio, Kari	
Cross Fit 9:30-10:30 AM CrossFit Room, Trainer	Zumba 10:45-11:45 AM Upstairs Studio, Christine H.	Zumba 10:30-11:30 AM Group Fitness Studio, Kathy K.	Chisel 10:45-11:30 AM Upstairs Studio, Dawn H.			
Total Body Step 9:30-10:30 AM Upstairs Studio, Stacy H.		Group Centergy 10:30-11:30 AM Mind Body Studio, Lexi B.				
Group Power 10:35-11:35 AM Upstairs Studio, Erin C.						
Total Body Conditioning 12:00-1:15 PM Upstairs Studio, Rachel S.	Cardio Chisel 12:00-1:00 PM Upstairs Studio, Aaron Z.	Cycle Circuit 12:00-1:00 PM Spin Room, Aaron Z.	Cardio Chisel 12:00-1:00 PM Upstairs Studio, Aaron Z.	Group Cycling 12:00-1:00 PM Spin Room, Kathy R.		
Group Cycling 12:00-1:00 PM Spin Room, Kathy R.		Boot Camp 12:00-1:15 PM Group Fitness Studio, Kathryn W.				
Intermediate Step 5:00-6:00 PM Group Fitness Studio, Jeanie N.	Cross Fit 5:30-6:30 PM CrossFit Room, Trainer	Intermediate Step 5:00-6:00 PM Group Fitness Studio, Rachel S.	Super Circuit 5:30-6:30 PM Group Fitness Studio, Aaron Z.	Group Power 5:00-6:00 PM Group Fitness studio, Heidi O.		
Group Centergy 5:30-6:30 PM Mind Body Studio, Tim T.	Super Circuit 5:30-6:30 PM Group Fitness Studio, Kathryn W.	Group Centergy 6:00-7:00 PM Mind Body Studio, Dena S.	Balletone 6:30-7:30 PM Upstairs Studio, Joni M.			
Group Power 6:00-7:00 PM Upstairs Studio, Jeanie N.	Zumba 6:30-7:30 PM Upstairs Studio, Kathy K.	Group Power 6:00-7:00 PM Group Fitness Studio, Treenah H.				