

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 8:00-9:00 AM Studio 2, Randy H.	Indoor Cycling 5:45-6:45 AM Studio 2, Sue O.	Indoor Rowing 6:00-7:00 AM Studio 2, Connor B.	Indoor Cycling 5:45-6:45 AM Studio 2, Jacqueline T.	Indoor Rowing 6:00-7:00 AM Studio 2, Chris M.	Total Body Conditioning 8:00-9:15 AM Studio 1, Randi W.	Total Body Conditioning 8:00-9:15 AM Studio 1, Megan P.
Group Power 8:15-9:15 AM Studio 1, Josh M.	Yamuna Body Rolling 8:45-9:45 AM Studio 2, Maxine T.	Beginning VO2 Max 8:00-9:00 AM Studio 2, Randy H./DawnMarie S.	Neuro-Kinetics 8:30-9:30 AM Studio 1, Bob G.	Indoor Cycling 8:00-9:00 AM Studio 2, Randy H./Jacquette T.	VO2Max 8:00-9:30 AM Studio 2, Staff Rotates	Indoor Cycling 9:15-10:15 AM Studio 2, Carol W.
Cardio Chisel 9:15-10:15 AM Gym, Randi W.	Total Body Conditioning 9:00-10:00 AM Studio 1, Betsy P.	Walk It Off 8:30-9:15 AM Gym, Megan W.	Group Kick 9:30-10:30 AM Studio 1, Laura M.	Group Power 9:30-10:30 AM Studio 1, Kelly M.	Basic Step 9:00-9:30 AM Studio 1, Erin C.	Water Fitness 9:30-10:30 AM Outdoor/Indoor Pool, Staff Rotates
Water Fitness 9:30-10:30 AM Outdoor/Indoor Pool, Marlene L.	Water Fitness 9:30-10:30 AM Outdoor/Indoor Pool, Lori E.	Group Kick 8:30-9:15 AM Studio 1, Josh M.	Water Fitness 9:30-10:30 AM Outdoor/Indoor Pool, Deb P.	Mom and Tot 9:30-10:30 AM Gym, Jill W.	Water Fitness 9:15-10:15 AM Outdoor/Indoor Pool, Dale D.	
	Group Kick 9:45-10:45 AM Gym, Kelly M.	Sports Training 9:15-10:00 AM Gym, Terry G.		Water Fitness 9:30-10:30 AM Outdoor/Indoor Pool, Kris L.	Core Cardio 9:30-10:00 AM Studio 1, Erin C.	
		Water Fitness 9:30-10:30 AM Outdoor/Indoor Pool, Megan W.			Fit Kids 10:00-11:00 AM Gym, Jill W.	
		Group Power 9:30-10:30 AM Studio 1, Kelly M.				
		Music In Motion 10:00-11:00 AM Studio 2, Jill W.				
		Core Express 10:00-10:15 AM Gym, Terry G.				
Indoor Cycling 12:15-1:15 PM Studio 2, Jill W.		Indoor Cycling 12:15-1:15 PM Studio 2, Bob L.			Group Power 11:30-12:30 PM Studio 1, Treenah M.	Zumba 11:00-12:00 PM Studio 1, Afton
Sports Training 4:45-5:45 PM Studio 2, Starr G.	Group Kick 4:30-5:15 PM Studio 1, Jada B.	Group Kick 5:30-6:15 PM Studio 1, Dena S.	7 Core 5:30-6:00 PM Gym, PT Staff			
7 Core 5:30-6:00 PM Gym, PT Staff	Group Power 5:30-6:30 PM Studio 1, Dena S.	7 Core 5:30-6:00 PM Gym, Mike (P.T. Staff)	Group Power 5:30-6:30 PM Studio 1, Erin C.			
Group Power 6:00-7:00 PM Studio 1, Kelly M.	7 Core 5:30-6:00 PM Gym, Mike (P.T. Staff)	Sports Training 6:00-7:15 PM Studio 2, Starr G.	Indoor Cycling 6:00-7:00 PM Studio 2, Ali I.			
Indoor Cycling 6:00-7:00 PM Studio 2, Mark H.						

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 8:00-9:00 AM Studio 2, Randy H.	Indoor Cycling 5:45-6:45 AM Studio 2, Sue O.	Indoor Rowing 6:00-7:00 AM Studio 2, Connor B.	Indoor Cycling 5:45-6:45 AM Studio 2, Jacqueline T.	Indoor Rowing 6:00-7:00 AM Studio 2, Chris M.	Total Body Conditioning 8:00-9:15 AM Studio 1, Randi W.	Total Body Conditioning 8:00-9:15 AM Studio 1, Megan P.
Group Power 8:15-9:15 AM Studio 1, Josh M.	Yamuna Body Rolling 8:45-9:45 AM Studio 2, Maxine T.	Beginning VO2 Max 8:00-9:00 AM Studio 2, Randy H./DawnMarie S.	Neuro-Kinetics 8:30-9:30 AM Studio 1, Bob G.	Indoor Cycling 8:00-9:00 AM Studio 2, Randy H./Jacquette T.	VO2Max 8:00-9:30 AM Studio 2, Staff Rotates	Indoor Cycling 9:15-10:15 AM Studio 2, Carol W.
Cardio Chisel 9:15-10:15 AM Gym, Randi W.	Total Body Conditioning 9:00-10:00 AM Studio 1, Betsy P.	Walk It Off 8:30-9:15 AM Gym, Megan W.	Water Fitness 9:30-10:30 AM Outdoor/Indoor Pool, Deb P.	Mom and Tot 9:30-10:30 AM Gym, Jill W.	Basic Step 9:00-9:30 AM Studio 1, Erin C.	Water Fitness 9:30-10:30 AM Outdoor/Indoor Pool, Staff Rotates
Water Fitness 9:30-10:30 AM Outdoor/Indoor Pool, Marlene L.	Water Fitness 9:30-10:30 AM Outdoor/Indoor Pool, Lori E.	Group Kick 8:30-9:15 AM Studio 1, Josh M.	Group Kick 9:30-10:30 AM Studio 1, Laura M.	Water Fitness 9:30-10:30 AM Outdoor/Indoor Pool, Kris L.	Water Fitness 9:15-10:15 AM Outdoor/Indoor Pool, Dale D.	
	Group Kick 9:45-10:45 AM Gym, Kelly M.	Sports Training 9:15-10:00 AM Gym, Terry G.		Group Power 9:30-10:30 AM Studio 1, Kelly M.	Core Cardio 9:30-10:00 AM Studio 1, Erin C.	
		Water Fitness 9:30-10:30 AM Outdoor/Indoor Pool, Megan W.			Fit Kids 10:00-11:00 AM Gym, Jill W.	
		Group Power 9:30-10:30 AM Studio 1, Kelly M.				
		Music In Motion 10:00-11:00 AM Studio 2, Jill W.				
		Core Express 10:00-10:15 AM Gym, Terry G.				
Indoor Cycling 12:15-1:15 PM Studio 2, Jill W.		Indoor Cycling 12:15-1:15 PM Studio 2, Bob L.			Group Power 11:30-12:30 PM Studio 1, Treenah M.	Zumba 11:00-12:00 PM Studio 1, Afton
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7 Core 5:30-6:00 PM Gym, PT Staff	Group Power 5:30-6:30 PM Studio 1, Dena S.	Group Kick 5:30-6:15 PM Studio 1, Dena S.	7 Core 5:30-6:00 PM Gym, PT Staff			
Group Power 6:00-7:00 PM Studio 1, Kelly M.	7 Core 5:30-6:00 PM Gym, Mike (P.T. Staff)	Sports Training 6:00-7:15 PM Studio 2, Starr G.	Indoor Cycling 6:00-7:00 PM Studio 2, Ali I.			
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