

### 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
<b>Group Cycling (C)</b> 5:45- 6:45 AM Christine	<b>Group Cycling (C)</b> 5:45- 6:45 AM Jacqueline	<b>Group Cycling (C...new time!)</b> 5:30- 6:30 AM Jude	<b>Group Cycling (C)</b> 5:45- 6:45 AM Michelle	<b>Chisel (GFS)</b> 5:45- 6:45 AM Betsy	<b>Group Cycling (C)</b> 7:30- 8:45 AM Paul	<b>Group Cycling (C)</b> 8:00- 9:30 AM Dave
<b>Chisel (GFS)</b> 8:30- 9:30 AM Carla	<b>Cardio Chisel (GFS)</b> 6:00- 7:00 AM Jo	<b>Cardio Chisel (GFS)</b> 5:45- 6:45 AM Betsy	<b>Cardio Chisel (GFS)</b> 6:00- 7:00 AM Jo	<b>Group Cycling (C)</b> 5:45- 6:45 AM Jacqueline	<b>Proper Weights (GFS)</b> 8:40- 9:40 AM Renee	<b>Chisel (GFS)</b> 9:30- 10:30 AM Sylvia
<b>Aqua Gymstick (P)</b> 9:15- 10:15 AM Vicki S	<b>Walk it Off (G)</b> 8:00- 9:00 AM Megan	<b>Group Cycling (C)</b> 7:30- 8:30 AM Carla	<b>Cardio Chisel (GFS)</b> 8:30- 9:30 AM Betsy	<b>Group Cycling (C)</b> 7:30- 8:30 AM Lexi	<b>Group Cycling (C)</b> 9:00- 10:15 AM Bob	<b>Abs (GFS)</b> 10:30- 11:00 AM Sylvia
<b>Group Cycling (C)</b> 9:30- 10:30 AM Carla	<b>Chisel (GFS)</b> 8:30- 9:30 AM Laurie	<b>Cardio Chisel (GFS)</b> 8:30- 9:30 AM Betsy1,15,29 Laurie8,22	<b>TRX* (G)</b> 9:00- 10:00 AM Renee	<b>High Intensity Cardio Training (GFS)</b> 8:00- 8:30 AM Linda B	<b>Moe's Swim Clinic* (P-canceled until Sept 11th)</b> 9:30- 10:30 AM Moe	
<b>Fitness Lite (GFS)</b> 9:35- 10:35 AM Vicki F	<b>Water Fitness (P)</b> 9:15- 10:15 AM Megan	<b>Water Fitness (P)</b> 9:15- 10:15 AM Vicki F	<b>Water Fitness (P-Deep Water)</b> 9:15- 10:15 AM Marlene	<b>BOSU Blast (GFS)</b> 8:30- 9:30 AM Linda	<b>Abs (GFS)</b> 9:40- 9:55 AM Renee	
		<b>Zumba GOLD (GFS)</b> 9:35- 10:35 AM Stephanie	<b>Total Body Conditioning (GFS)</b> 9:35- 10:35 AM Linda	<b>Water Fitness (P)</b> 9:15- 10:15 AM Vicki S	<b>Group Power (GFS)</b> 10:00- 11:00 AM Group Power Team	
				<b>Fitness Lite (GFS)</b> 9:35- 10:35 AM Vicki F		
<b>Group Cycling (C)</b> 12:00- 1:00 PM Todd	<b>Sports Training (G/O)</b> 11:45- 12:45 PM Renee	<b>Group Power (GFS)</b> 12:00- 1:00 PM Josh	<b>Sports Training (G/O)</b> 11:45- 12:45 PM Renee	<b>ZUMBA (GFS)</b> 12:00- 1:00 PM Ari	<b>ZUMBA (GFS)</b> 11:05- 12:05 PM Danyell	<b>Swim Clinic for Kids* (P)</b> 11:00- 12:00 PM Moe
<b>Group Power (GFS)</b> 12:00- 1:00 PM Maria or Luz	<b>Group Cycling (C)</b> 12:00- 1:00 PM Bob	<b>Group Cycling (C)</b> 12:00- 1:00 PM Rich K	<b>Group Cycling (C)</b> 12:00- 1:00 PM Todd	<b>Group Cycling (C)</b> 12:00- 1:00 PM Bob		<b>ZUMBA (GFS)</b> 11:00- 12:00 PM Stephanie
	<b>ZUMBA (GFS)</b> 12:00- 1:00 PM Paul		<b>Group Kick (GFS)</b> 12:00- 1:00 PM Kelly M	<b>Super Circuit (F)</b> 12:00- 12:45 PM Renee/Betsy		
				<b>Abs (F)</b> 12:45- 1:00 PM Renee/Betsy		
<b>Abs (GFS)</b> 5:00- 5:30 PM Adrienne	<b>Group Kick (GFS)</b> 5:30- 6:30 PM Maria	<b>Abs (GFS)</b> 5:00- 5:30 PM Renee	<b>Sports Training (G/O)</b> 5:30- 6:45 PM Renee	<b>Group Power (GFS)</b> 5:00- 6:00 PM Adrienne		
<b>Group Power (GFS)</b> 5:30- 6:30 PM Adrienne	<b>Sports Training (G/O)</b> 5:30- 6:45 PM Renee	<b>Off the Ropes Boxing (F/O)</b> 5:30- 6:30 PM Renee	<b>Zumba Tone (GFS)</b> 6:00- 7:00 PM Krista	<b>HiLo (GFS)</b> 6:00- 7:00 PM Joe M.		
<b>Water Fitness (P)</b> 5:30- 6:30 PM Melinda	<b>Water Fitness (P)</b> 5:30- 6:30 PM Megan	<b>Chisel (GFS)</b> 5:30- 6:30 PM Jennifer	<b>Swim for Life* (P)</b> 6:00- 7:00 PM Moe			
<b>Group Cycling (C...outdoors AUG 9&amp;23)</b> 5:45- 6:45 PM Michelle	<b>Group Cycling (C)</b> 6:00- 7:00 PM Paul	<b>Aqua Gymstick (P)</b> 5:30- 6:30 PM Vicki S	<b>Group Cycling (C)</b> 6:00- 7:00 PM Rich			
<b>ZUMBA (GFS)</b> 6:30- 7:30 PM Kathy		<b>Group Cycling (C)</b> 5:45- 6:45 PM Susan Mc.				
		<b>ZUMBA (GFS)</b> 6:30- 7:30 PM Krista				

### 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
<b>Group Cycling (C)</b> 5:45- 6:45 AM Christine	<b>Group Cycling (C)</b> 5:45- 6:45 AM Jacqueline	<b>Group Cycling (C...new time!)</b> 5:30- 6:30 AM Jude	<b>Group Cycling (C)</b> 5:45- 6:45 AM Michelle	<b>Group Cycling (C)</b> 5:45- 6:45 AM Jacqueline	<b>Group Cycling (C)</b> 7:30- 8:45 AM Paul	<b>Group Cycling (C)</b> 8:00- 9:30 AM Dave
<b>Chisel (GFS)</b> 8:30- 9:30 AM Carla	<b>Cardio Chisel (GFS)</b> 6:00- 7:00 AM Jo	<b>Cardio Chisel (GFS)</b> 5:45- 6:45 AM Betsy	<b>Cardio Chisel (GFS)</b> 6:00- 7:00 AM Jo	<b>Chisel (GFS)</b> 5:45- 6:45 AM Betsy	<b>Proper Weights (GFS)</b> 8:40- 9:40 AM Renee	<b>Chisel (GFS)</b> 9:30- 10:30 AM Sylvia
<b>Aqua Gymstick (P)</b> 9:15- 10:15 AM Vicki S	<b>Walk it Off (G)</b> 8:00- 9:00 AM Megan	<b>Group Cycling (C)</b> 7:30- 8:30 AM Carla	<b>Cardio Chisel (GFS)</b> 8:30- 9:30 AM Betsy	<b>Group Cycling (C)</b> 7:30- 8:30 AM Lexi	<b>Group Cycling (C)</b> 9:00- 10:15 AM Bob	<b>Abs (GFS)</b> 10:30- 11:00 AM Sylvia
<b>Group Cycling (C)</b> 9:30- 10:30 AM Carla	<b>Chisel (GFS)</b> 8:30- 9:30 AM Laurie	<b>Cardio Chisel (GFS)</b> 8:30- 9:30 AM Betsy1,15,29 Laurie8,22	<b>TRX* (G)</b> 9:00- 10:00 AM Renee	<b>High Intensity Cardio Training (GFS)</b> 8:00- 8:30 AM Linda B	<b>Moe's Swim Clinic* (P-canceled until Sept 11th)</b> 9:30- 10:30 AM Moe	
<b>Fitness Lite (GFS)</b> 9:35- 10:35 AM Vicki F	<b>Water Fitness (P)</b> 9:15- 10:15 AM Megan	<b>Water Fitness (P)</b> 9:15- 10:15 AM Vicki F	<b>Water Fitness (P-Deep Water)</b> 9:15- 10:15 AM Marlene	<b>BOSU Blast (GFS)</b> 8:30- 9:30 AM Linda	<b>Abs (GFS)</b> 9:40- 9:55 AM Renee	
		<b>Zumba GOLD (GFS)</b> 9:35- 10:35 AM Stephanie	<b>Total Body Conditioning (GFS)</b> 9:35- 10:35 AM Linda	<b>Water Fitness (P)</b> 9:15- 10:15 AM Vicki S	<b>Group Power (GFS)</b> 10:00- 11:00 AM Group Power Team	
				<b>Fitness Lite (GFS)</b> 9:35- 10:35 AM Vicki F		
<b>Group Power (GFS)</b> 12:00- 1:00 PM Maria or Luz	<b>Sports Training (G/O)</b> 11:45- 12:45 PM Renee	<b>Group Cycling (C)</b> 12:00- 1:00 PM Rich K	<b>Sports Training (G/O)</b> 11:45- 12:45 PM Renee	<b>ZUMBA (GFS)</b> 12:00- 1:00 PM Ari	<b>ZUMBA (GFS)</b> 11:05- 12:05 PM Danyell	<b>ZUMBA (GFS)</b> 11:00- 12:00 PM Stephanie
<b>Group Cycling (C)</b> 12:00- 1:00 PM Todd	<b>ZUMBA (GFS)</b> 12:00- 1:00 PM Paul	<b>Group Power (GFS)</b> 12:00- 1:00 PM Josh	<b>Group Kick (GFS)</b> 12:00- 1:00 PM Kelly M	<b>Super Circuit (F)</b> 12:00- 12:45 PM Renee/Betsy		<b>Swim Clinic for Kids* (P)</b> 11:00- 12:00 PM Moe
	<b>Group Cycling (C)</b> 12:00- 1:00 PM Bob		<b>Group Cycling (C)</b> 12:00- 1:00 PM Todd	<b>Group Cycling (C)</b> 12:00- 1:00 PM Bob		
				<b>Abs (F)</b> 12:45- 1:00 PM Renee/Betsy		
<b>Abs (GFS)</b> 5:00- 5:30 PM Adrienne	<b>Water Fitness (P)</b> 5:30- 6:30 PM Megan	<b>Abs (GFS)</b> 5:00- 5:30 PM Renee	<b>Sports Training (G/O)</b> 5:30- 6:45 PM Renee	<b>Group Power (GFS)</b> 5:00- 6:00 PM Adrienne		
<b>Water Fitness (P)</b> 5:30- 6:30 PM Melinda	<b>Sports Training (G/O)</b> 5:30- 6:45 PM Renee	<b>Chisel (GFS)</b> 5:30- 6:30 PM Jennifer	<b>Group Cycling (C)</b> 6:00- 7:00 PM Rich	<b>HiLo (GFS)</b> 6:00- 7:00 PM Joe M.		
<b>Group Power (GFS)</b> 5:30- 6:30 PM Adrienne	<b>Group Kick (GFS)</b> 5:30- 6:30 PM Maria	<b>Off the Ropes Boxing (F/O)</b> 5:30- 6:30 PM Renee	<b>Zumba Tone (GFS)</b> 6:00- 7:00 PM Krista			
<b>Group Cycling (C...outdoors AUG 9&amp;23)</b> 5:45- 6:45 PM Michelle	<b>Group Cycling (C)</b> 6:00- 7:00 PM Paul	<b>Aqua Gymstick (P)</b> 5:30- 6:30 PM Vicki S	<b>Swim for Life* (P)</b> 6:00- 7:00 PM Moe			
<b>ZUMBA (GFS)</b> 6:30- 7:30 PM Kathy		<b>Group Cycling (C)</b> 5:45- 6:45 PM Susan Mc.				
		<b>ZUMBA (GFS)</b> 6:30- 7:30 PM Krista				