

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
Cardio Chisel 6:00-7:00 AM Group Fitness Studio, Mary Jo	Group Cycling 5:45-6:45 AM Cycling Studio, Mark	Group Cycling 6:00-7:00 AM Cycling Studio, Lise	Group Cycling 5:45-6:45 AM Cycling studio, John	Pilates Mat 6:00-7:00 AM Group Fitness Studio, Erica	Cycle Sculpt 8:30-10:00 AM Cycling Studio, Pat	Group Power 9:30-10:30 AM Group Fitness Studio, Katie
Group Cycling 6:00-7:00 AM Cycling Studio, Renee	Sports Training 6:15-7:15 AM Group Fitness Studio, Megan	Total Body Conditioning 6:00-7:00 AM Group Fitness Studio, Coulter	Group Power 6:15-7:15 AM Group Fitness Studio, Luz	Group Cycling 6:00-7:00 AM Cycling Studio, Lucy	Cardio Chisel 9:30-10:30 AM Group Fitness Studio, Mary Jo/Junko	Group Centergy 9:30-10:30 AM Yoga Studio, MaryJo/Lynn/Megan
Quick Fit 11:00-11:30 AM Group Fitness Studio, Chris	BOSU Blast 11:15-12:00 PM Group Fitness Studio, Junko	Quick Fit 11:00-11:30 AM Group Fitness Studio, Chris	Zumba 11:15-12:00 PM Group Fitness Studio, Lexi	Cardio Chisel 11:30-12:30 PM Group Fitness Studio, Renae		
Cardio Chisel 11:30-12:30 PM Group Fitness Studio, Mary Jo	Group Cycling 11:30-12:30 PM Cycling Studio, Alec	Group Power 11:30-12:30 PM Group Fitness Studio, Laura	Group Cycling 11:30-12:30 PM Cycling Studio, Renae	Group Cycling 12:00-1:00 PM Cycling Studio, Junko		
Group Cycling 12:00-1:00 PM Cycling Studio, Mary	Core Express 12:00-12:30 PM Group Fitness Studio, Junko	Group Cycling 12:00-1:00 PM Cycling Studio, Jon	Core Express 12:00-12:30 PM Group Fitness Studio, Chris	Group Centergy 12:30-1:30 PM Group Fitness Studio, Tim		
Group Kick 12:30-1:30 PM Group Fitness Studio, Junko/Chris	Water Fitness 12:00-1:00 PM Pool, John	Sports Training 12:30-1:30 PM Group Fitness Studio, Katie	Water Fitness 12:00-1:00 PM Pool, John			
	Pilates Mat 12:30-1:30 PM Group Fitness Studio, Jill		Pilates Mat 12:30-1:30 PM Group Fitness Studio, Erica			
Zumba 5:00-5:45 PM Group Fitness Studio, Afton	Armed & Dangerous 4:30-5:00 PM Group Fitness Studio, Megan	BOSU Blast 5:00-5:45 PM Group Fitness Studio, Junko	Pilates Mat 4:30-5:30 PM Group Fitness Studio, Amanda			
Water Fitness 5:30-6:30 PM Pool, Beth	Core Express 5:00-5:30 PM Group Fitness Studio, Megan	Group Power 5:45-6:45 PM Group Fitness Studio, Katie	Group Cycling 5:30-6:30 PM Cycling Studio, Brian			
Cardio Chisel 5:45-6:45 PM Group Fitness Studio, Randi	Group Cycling 5:30-6:30 PM Cycling Studio, Kirk	Group Cycling 6:30-7:30 PM Cycling Studio, Junko	Sports Training 5:30-6:30 PM Group Fitness Studio, Chris			
Group Cycling 6:30-7:30 PM Cycling Studio, Joy	Belly Dance 5:30-6:30 PM Group Fitness Studio, Shauna	Aqua Pilates 6:30-7:15 PM Pool, Jill	Hip Hop 6:30-7:30 PM Group Fitness Studio, Lawrance			
Group Kick 6:45-7:30 PM Group Fitness Studio, Junko/Chris	Sports Training 6:30-7:30 PM Group Fitness Studio, Junko/Jon					

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
Group Cycling 6:00-7:00 AM Cycling Studio, Renee	Group Cycling 5:45-6:45 AM Cycling Studio, Mark	Group Cycling 6:00-7:00 AM Cycling Studio, Lise	Group Cycling 5:45-6:45 AM Cycling studio, John	Pilates Mat 6:00-7:00 AM Group Fitness Studio, Erica	Cycle Sculpt 8:30-10:00 AM Cycling Studio, Pat	Group Centergy 9:30-10:30 AM Yoga Studio, MaryJo/Lynn/Megan
Cardio Chisel 6:00-7:00 AM Group Fitness Studio, Mary Jo	Sports Training 6:15-7:15 AM Group Fitness Studio, Megan	Total Body Conditioning 6:00-7:00 AM Group Fitness Studio, Coulter	Group Power 6:15-7:15 AM Group Fitness Studio, Luz	Group Cycling 6:00-7:00 AM Cycling Studio, Lucy	Cardio Chisel 9:30-10:30 AM Group Fitness Studio, Mary jo/Junko	Group Power 9:30-10:30 AM Group Fitness Studio, Katie
Quick Fit 11:00-11:30 AM Group Fitness Studio, Chris	BOSU Blast 11:15-12:00 PM Group Fitness Studio, Junko	Quick Fit 11:00-11:30 AM Group Fitness Studio, Chris	Zumba 11:15-12:00 PM Group Fitness Studio, Lexi	Cardio Chisel 11:30-12:30 PM Group Fitness Studio, Renae		
Cardio Chisel 11:30-12:30 PM Group Fitness Studio, Mary Jo	Group Cycling 11:30-12:30 PM Cycling Studio, Alec	Group Power 11:30-12:30 PM Group Fitness Studio, Laura	Group Cycling 11:30-12:30 PM Cycling Studio, Renae	Group Cycling 12:00-1:00 PM Cycling Studio, Junko		
Group Cycling 12:00-1:00 PM Cycling Studio, Mary	Water Fitness 12:00-1:00 PM Pool, John	Group Cycling 12:00-1:00 PM Cycling Studio, Jon	Water Fitness 12:00-1:00 PM Pool, John	Group Centergy 12:30-1:30 PM Group Fitness Studio, Tim		
Group Kick 12:30-1:30 PM Group Fitness Studio, Junko/Chris	Core Express 12:00-12:30 PM Group Fitness Studio, Junko	Sports Training 12:30-1:30 PM Group Fitness Studio, Katie	Core Express 12:00-12:30 PM Group Fitness Studio, Chris			
	Pilates Mat 12:30-1:30 PM Group Fitness Studio, Jill		Pilates Mat 12:30-1:30 PM Group Fitness Studio, Erica			
Zumba 5:00-5:45 PM Group Fitness Studio, Afton	Armed & Dangerous 4:30-5:00 PM Group Fitness Studio, Megan	BOSU Blast 5:00-5:45 PM Group Fitness Studio, Junko	Pilates Mat 4:30-5:30 PM Group Fitness Studio, Amanda			
Water Fitness 5:30-6:30 PM Pool, Beth	Core Express 5:00-5:30 PM Group Fitness Studio, Megan	Group Power 5:45-6:45 PM Group Fitness Studio, Katie	Sports Training 5:30-6:30 PM Group Fitness Studio, Chris			
Cardio Chisel 5:45-6:45 PM Group Fitness Studio, Randi	Belly Dance 5:30-6:30 PM Group Fitness Studio, Shauna	Group Cycling 6:30-7:30 PM Cycling Studio, Junko	Group Cycling 5:30-6:30 PM Cycling Studio, Brian			
Group Cycling 6:30-7:30 PM Cycling Studio, Joy	Group Cycling 5:30-6:30 PM Cycling Studio, Kirk	Aqua Pilates 6:30-7:15 PM Pool, Jill	Hip Hop 6:30-7:30 PM Group Fitness Studio, Lawrance			
Group Kick 6:45-7:30 PM Group Fitness Studio, Junko/Chris	Sports Training 6:30-7:30 PM Group Fitness Studio, Junko/Jon					