

Downstairs Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
5:30 am	LES MILLS BODYPUMP Kim	LES MILLS BODYSTEP Maureen	Basic Training Maureen	LES MILLS BODYCOMBAT Jenn S.	LES MILLS BODYSTEP Jenn S.			PLEASE NOTE TIMES ON WEEKEND
7:00 am <i>New!</i>	LES MILLS BODYATTACK 6:30 am Andrea M.					7:00 am <i>New!</i>	LES MILLS BODYSTEP Jenn S.	
8:00 am	LES MILLS BODYFLOW Kathy		LES MILLS BODYFLOW Kathy			8:00 am	LES MILLS BODYCOMBAT Lynn <i>New!</i>	LES MILLS BODYATTACK Michelle
8:15 am		LES MILLS BODYPUMP Kathy		LES MILLS BODYPUMP Kathy	LES MILLS BODYCOMBAT Lynn			
9:15 am	LES MILLS BODYSTEP Maureen	LES MILLS BODYCOMBAT Maureen	LES MILLS BODYSTEP Maureen	LES MILLS BODYCOMBAT Jenn S.	LES MILLS BODYSTEP Maureen	9:00 am	LES MILLS BODYPUMP Lynn <i>New!</i>	LES MILLS BODYCOMBAT Lindsey
10:15 am	LES MILLS BODYPUMP Maureen <i>New!</i>	Core Training Maureen	LES MILLS BODYPUMP Maureen <i>New!</i>	Core Training Andrea B.	Basic Training Maureen	10:00 am	LES MILLS BODYATTACK Kim <i>New!</i>	LES MILLS BODYPUMP Andrea B. <i>New!</i>
4:30 pm	LES MILLS BODYATTACK Krysten M.	LES MILLS BODYSTEP Jenn S.	LES MILLS BODYATTACK Krysten M.		LES MILLS BODYATTACK Krysten M.	11:00 am		LES MILLS BODYSTEP Lisa E.
5:15 pm			Basic Training Krysten M.				LES MILLS BODYPUMP LES MILLS BODYSTEP LES MILLS BODYJAM LES MILLS BODYATTACK LES MILLS BODYCOMBAT LES MILLS BODYFLOW	
5:30 pm	LES MILLS BODYSTEP Jenn S. <i>New!</i>	LES MILLS BODYPUMP Kim		LES MILLS BODYCOMBAT Debbie	Basic Training Krysten M.			
6:00 pm			Core Training Maureen <i>New!</i>					
6:30 pm	LES MILLS BODYPUMP Rotation <i>New!</i>	LES MILLS BODYCOMBAT Debbie		LES MILLS BODYPUMP Debbie				

Upstairs Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
8:00 am	Line Dancing		Line Dancing		Line Dancing			
9:00 am	Above & Below	Above & Below	Above & Below	Above & Below	Above & Below	9:00 am	LES MILLS BODYJAM Alex	
10:00 am	Tai Chi Kathy	Dance Aerobics 10:15 am	Tai Chi Kathy	Basic Step		10:00 am	LES MILLS BODYFLOW Rotation	
11:15 am	Yogafit Kathy				Power Yoga Maureen			
4:30 pm		Yogafit Jenn D.		Yogafit Jenn D.				
6:30 pm	LES MILLS BODYJAM Lindsey		Zumba Christa					
7:30 pm	Yogafit Jenn D.		LES MILLS BODYFLOW Lynn				Revised 2/19/09	



Group Exercise Schedule Winter 2009

Cycling Studio	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday	
	5:45 am	Spin Marsha								
	7:15 am		Spin Mark		Spin Mike	Spin Lynn	7:00 am	75 Minute Spin Mark		
							8:30 am	1 Hr. Spin Marsha		
	9:30 am	<i>New!</i> Spin Laura	Begin to Spin Lynn	Spin Mark		1 Hr. Spin Laura	9:30 am		1 Hr. Spin Ellen	
	5:30 pm	<i>New!</i> 1 Hr. Spin Mike		1 Hr. Spin Kristen B.				Cycling classes are 45 minutes unless otherwise indicated.		
	6:30 pm		Spin Greg		Spin Ellen			Heart Rate Monitors are recommended		

Pool	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	5:10 am					Masters Swim Scotty			
							8:00 am	<i>New!</i> Aquamation Heidi	
	9:00 am	Arthritis Erin/Dawn	AQUALOGIX Erin	Arthritis Erin	AQUALOGIX Erin			For your safety & comfort, we recommend water shoes for all participants in water aerobic classes. Schedule is subject to change.	
	11:00 am	AquaCombo Michelle		AquaCombo Michelle		Aquamation Michelle			
	6:00 pm		Aquamation Lisa						
	7:00 pm	Masters Swim Scotty	Masters Swim Scotty		Masters Swim Scotty				