







# Group Exercise Class Schedule Summer 2010

## Downstairs Studio

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

## 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			
10:00 am	Tai Chi Kathy	Dance Aerobics	Tai Chi Kathy	Low Impact Aerobics		10:00 am	<b>LES MILLS BODYFLOW</b> Lisa E.	
11:15 am					Will return in August			
5:30 pm		<i>New!</i> Yogafit Jenn D.		<i>New!</i> Yogafit Jenn D.				
6:30 pm	Zumba Christa		Zumba Christa					
7:30 pm			<b>LES MILLS BODYFLOW</b> Lynn				Effective 6/21/10	

Cycling Studio	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	7:15 am		Spin Mark	<i>New!</i>	 Rotation		8:15 am	 Mark	
	9:15 am				 Andrea		9:00 am		1 Hr. Spin Ellen
	9:30 am		 Lynn			1 Hr. Spin Laura	*note time		
	5:30 pm <i>New!</i>	Spin Andrea		1 Hr. Spin Kristen B.				Cycling classes are 45 minutes unless otherwise indicated.	
	6:30 pm		 Greg		 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	Aquamotion Heidi	
	9:00 am	Arthritis Heidi	AQUALOGIX Heidi	Arthritis Heidi	AQUALOGIX Erin/Heidi			For your safety & comfort, we recommend water shoes for all participants in water aerobic classes.  Schedule is subject to change.	
	11:00 am	AquaCombo Heidi		AquaCombo Karen		Aquamotion Michelle			
	6:00 pm		Aquamotion Lisa/Karen						
7:00 pm	Masters Swim Scotty	Masters Swim Scotty		Masters Swim Scotty					

Effective 6/21/10