



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPRING 2012

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:45 AM		Rise & Shine Yoga <i>Bo</i>		Rise & Shine Yoga <i>Bo</i>	
7:00 AM	AM Cycling <i>Pamela</i>		AM Cycling <i>RyanY</i>		AM Cycling <i>RyanY</i>
9:00 AM	Circuit Breaker <i>Karlton</i>	Cardio ³ <i>Tony</i>	Circuit Breaker <i>Karlton</i>	Step & Tone <i>Deanne</i>	Circuit Breaker <i>Karlton</i>
9:30 AM		‡ My Yoga 90 mins <i>Nand</i>			
10:00 AM	Total Body <i>Deanne</i>	 MSROM 1 <i>Donna</i>	 # <i>Connie</i>	 MSROM 1 <i>Rachel</i>	Total Body <i>Deanne</i>
11:00 AM	Yoga-Flow <i>Becky</i> 	SS YogaStretch 30 minutes <i>Donna</i>	Simple Stretch <i>Deanne</i>	SS Yoga Stretch 30 mins <i>Rachel</i>	Simple Stretch <i>Deanne</i>
4:30PM				Yoga-Pranayam 60 mins # <i>Nand</i>	
5:30 PM	Muscle-up Fitness <i>Karlton</i>	Yoga-Flow <i>Deidre</i> 	 <i>Endia</i>	Karlton's Class <i>Karlton</i>	 <i>Connie</i>
6:00 PM	PM Cycling <i>Yvette</i> (6:15)	Core & Glutes 30 minutes # <i>RyanS</i>	 <i>Rick</i> Beginner Cycling	PM Cycling <i>Yvette</i> (6:15)	Core & Glutes 30 minutes # <i>RyanS</i>
6:30 PM	 <i>Connie</i>	 <i>Jessica</i>	AB BLAST 15 minutes # <i>RyanS</i>	 <i>Jessica</i>	AB BLAST 15 minutes # <i>RyanS</i>

‡ = Karate Room

= Aerobics Room 2

\$ = Paid Class

SATURDAYS: "Weekend Surprise" Instructor's Choice 9:30 – 10:30am
Saturday Cycling 10:00 -11:00am
Silver Sneakers with Rachel 10:30 – 11:30am

All classes run 50-55 minutes unless otherwise specified
Group Spin classes run 60 minutes and are held in the Spin Room.
10-13 year-olds may attend classes with a parent/guardian.

Group Water Fitness Classes

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 AM	H ₂ O Fitness <i>Deanne</i>	H ₂ O Fitness <i>Joan</i>	H ₂ O Fitness <i>Joan</i>	H ₂ O Fitness <i>Joan</i>	H ₂ O Fitness <i>Joan</i>
7:30 PM	H ₂ O Fitness <i>Rachel</i>		H ₂ O Fitness <i>Rachel</i>		