



GROUP ZONE

Effective July 6, 2010

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6:00am		Boot Camp <i>Tammy</i> 2-3	***6:30-7:00*** Core & More <i>Frank</i>	Boot Camp <i>Matt</i> 2-3	***5:30-6:00*** Core/ Boxing <i>Jenn</i>		
7:40am	50+ Workout <i>Janet</i> 1-2	Osteo Workout <i>Janet</i> 1-2		***7:30-8:30*** 50+ Workout <i>Joannie</i>	Osteo Workout <i>Janet</i> 1-2		
8:00am			Power Hr*** <i>Matt</i> 1-2-3			***8:00-9:15*** Step Interval <i>Grace</i> 2-3	***8:30-9:30** Boot Camp \$\$
8:45am	Cardio Challenge <i>Mina</i> 1-2-3	Boot Camp* <i>Matt</i> 1-2-3	***8:40-9:40*** Step Interval <i>Grace</i> -2-3	Total Body* Sculpt <i>Tammy</i> 1-2-3	***8:45-10:15*** Cardio Pump* <i>Donna</i> 1-2-3		***8:30-9:30** Body Blast <i>Bonnie</i> 2-3
9:30am						***9:20-10:20*** Cardio Dance <i>Victoria</i>	
9:45am	***10:00-11:00*** Pump <i>Gina</i> 1-2-3	Spin, Jump & Pump <i>Tammy</i> 1-2-3	Spin **9:35** *Sculpt **10:35* * <i>Donna</i> 1-2-3	Lower Body Blast <i>Tammy</i> 1-2-3			
11:00am	Osteo Workout <i>Janet</i> 1-2	***10:45-11:45*** Body Sculpt <i>Janet</i> 1-2			Osteo Workout <i>Janet</i> 1-2	***10:30-11:30** Osteo Workout <i>Joannie</i>	
11:30am							
12:00pm	50+ Workout <i>Janet</i> 1-2	Osteo Workout <i>Janet</i> 1-2		Senior Strength & Stretch <i>Janet</i>	50+ Workout <i>Janet</i> 1-2		
1:00pm			Osteo Workout <i>Janet</i> 1-2				
2:45pm	Senior Strength & Stretch <i>Margaret</i>	***4:30-5:30*** Pink Ribbon <i>Janett</i>					
6:00pm	Boot Camp <i>Grace</i> 5	Master Punch <i>Dave</i> 3					
7:00pm	Aikido \$\$ Extra charge	Circuit Training <i>Lisa</i> 1-2-3	Aikido \$\$ Extra charge	Boot Camp <i>Matt</i> 2-3			