



STUDIO 2

Effective November 20, 2009

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6:00am			Yoga Danielle 1-2-3				
7:30am					Gentle Yoga Bettina 1-2-3		
8:00am			Gentle Yoga Sara 1-2-3			Yoga Instructor Rotates 1-2-3	
8:30am	Pilates Fit* Susan 2-3	Zumba Rosa 1-2-3		Pilates Fit* Susan 2-3	Pilates* Susan 2-3		
9:15am			***9:00-9:30*** CORE... Danielle		Hip Hop Funk Stacey 1-2-3	Low Impact Joannie 1-2-3	
9:30am	Zumba Stacey 2-3	Yoga Danielle 1-2-3	Pilates Danielle 1-2-3	Power Yoga Jason 1-2-3			Yoga Jerry 1-2-3
10:30am		Core Conditioning Danielle	Yoga Isabella 1-2-3	Belly Dancing Eve 1-2-3	***10:15-11:15*** Callanetics Lynne	Latin Mix Alberto 1-2-3	
11:00am	Callanetics Lynne 1-2-3						
11:15am					Tai Chi Bill 1-2-3		
11:30pm		***11:45-12:45*** Chair Yoga Margaret	Latin Mix Alberto 1-2-3	Yogalates Cathy 1-2-3			
1:00pm		Qigong/Tai Chi Hasmig 1-2-3					
4:15pm	***4:00-5:00*** Gentle Yoga Margaret	Pilates Eileen 1-2-3	Qigong/Tai Chi Sword Forms Hasmig				
6:00pm	Pilates Diane 1-2-3	Yoga Jerry 2-3	Pilates Hilary 1-2-3	Yoga Jerry 1-2-3			
7:00pm	Yoga Cassie 1-2-3	***7:15-8:15*** Zumba Rosa					
8:00pm				Yoga Jennifer 1-2-3			



GROUP ZONE

Effective December 10, 200

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6:00am		Boot Camp Danielle 2-3		Boot Camp Matt 2-3			
7:45am	50+ Workout Janet 1-2	Osteo Workout Janet 1-2		***7:30-8:30*** 50+ Workout Joannie	Osteo Workout Janet 1-2		
8:00am			Power 1/2 Hr*** Matt 1-2-3			Step Interval Grace 2-3	
8:45am	Cardio Challenge Mina 1-2-3	Boot Camp Matt 1-2-3	***8:40-9:40*** Step Interval Grace	Zumba Anna 1-2-3	F.I.T or BP* Gina 1-2-3		Body Blast Bonnie 2-3
9:15am						Cardio Dance Sculpt Victoria	
9:45am	Boxing Camp Chris 2-3	Cardio Sculpt Donna 1-2-3	Body Pump Gina 1-2-3	Cardio/Strength Intervals Bonnie			
10:00am		***10:45-11:45*** Body Sculpt Janet		***10:45-11:45*** Extreme Boxing Alex	Jab, Kick, Pump Corey 1-2-3	***10:20-11:20** Osteo Workout Joannie	
11:00am	Osteo Workout Janet 1-2				Osteo Workout Janet 1-2		
11:30am							
12:00pm	50+ Workout Janet 1-2	Osteo Workout Janet 1-2		Senior Strength & Stretch Sara	50+ Workout Janet 1-2		
1:00pm			Osteo Workout Janet 1-2				
2:45pm	Senior Strength & Stretch Margaret						
5:00pm	Rookie Camp Gina 1-2						
6:00pm	Boot Camp Dave or Grace 5	Master Punch Alex 5	Pink Ribbon Janet 1				
7:00pm		Body Pump Gina 1-2-3		Boot Camp Matt 2-3			

CYCLING

Effective September 7, 2008

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6:00am	Cycling Tracy 1-2-3	Cycling Jenn B 1-2-3	Cycling Andrew 1-2-3		Cycling Jenn B 1-2-3		
7:00am						Cycling Tracy 1-2-3	
8:00am							Cycling Frank 1-2-3
8:30am			Cycling Gina 1-2-3	Abs/Cycling Grace 1-2-3		Cycling Frank 1-2-3	
8:45am	Cycling Barbara 1-2-3						
9:00am					Cycling Grace 1-2-3		
9:15am		Cycling Hazel 1-2-3					
9:30am							Cycling Carl 1-2-3
7:00pm	Cycling Frank 1-2-3	Cycling Jenn 1-2-3	Cycling Frank 1-2-3	Cycling Craig 1-2-3			

- ◆ All Cycling classes are 60 minutes long.
- ◆ Cycling is a cardio-respiratory workout appropriate for all fitness levels.
- ◆ It is recommended that you arrive 10 minutes prior to the beginning of the class to properly set up your bike.
 - ◆ All Cycling classes require you to sign up at the front desk one hour prior to class.
 - ◆ Please note that all classes & instructors are subject to change without prior notice.

Class Levels
 Level 1: Beginner
 Level 2: Intermediate
 Level 3: Advanced

Club Hours

Monday-Thursday 5:30am-10:00pm
 Friday 5:30am-9:00pm
 Saturday 7:00am-6:00pm
 Sunday 8:00am-4:30pm

Child Care Hours

Monday-Friday 8:00am-12:00pm
 5:00pm-8:00pm
 Saturday-Sunday 8:00am-12:00pm