

Winter Fitness Menu 2010 February 15-April 3 (7 wks)

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
5:45-6:45am	M	5:45-6:45am	M	5:45-6:45am	M	5:45-6:45am	M	5:45-6:45am	M		
Step Cardio	C	PowerFlex	S	Cardio Mixer	C	PowerFlex	S	Boot Camp	S		
Julie		Kathy E.		Julie		Kathy E.		Deadra/Sara			
8:05-9:00am	M			8:05-9:00 am	M			8:05-9:00am	M	8:05-9:05 am	M
Core & Lower Body Sculpt	S			Balance, Flexibility & Relax/Sculpt	S			Core & Upper Body/ Sculpt	S	PowerFlex	S
Cindy				Cindy				Kelly		<u>These dates only:</u> Feb. 6 & 20 March 6 & 20	
		8:30-9:10am	M			8:30-9:10 am	M				
		Kickbox Cardio	C			Rhythmic Kickbox	C				
		Lisa				Becky					
9:10-10:10am	M	9:15-10:15am	M	9:10-10:10am	M	9:15-10:15am	M	9:10-10:10am	M	9:15-10:15am	M
Step Cardio	C	Arcs and Angles	S	Cardio Mixer	C	Reebok Flexible Strength	S	Groove Your Moves	C	Yoga Moves	F&S
Nancy		Mary H.		Nancy		Becky		Nancy		Amy S.	
10:20-11:20am	M	10:20-11:20am	M	10:20-11:20am	M	10:20-11:20am	M	10:20-11:05am	M	10:30-11:30am	M
PowerFlex	S	Boot Camp	C	PowerFlex	S	Beaming	B,F,C	Pilates	S&F	Adult Jazz Dance	
Kelly		Becky		Kelly		Cindy		Nancy		Amy Mc.	
		11:45-12:30 pm	KG								
		Zumba	C								
		Helen									
12:00-1:00pm	M	12:00-12:50pm	M	12:15-1:00pm	M	12:00-12:50pm	M				
Yoga Moves		Gentle Cardio	C	Pilates	S&F	Zumba	C				
Amy S.		Erin		Amy M.		Helen					
1:10-2:10pm	M	1:00-2:00 pm	M			1:00-2:00 pm	M				
Gentle Strength Strength	S,F	Gentle Yoga	F,S,B			Gentle Yoga	F,S,B				
Erin		Becky				Becky					
		4:05-5:05 pm	M			4:05-5:05pm	M				
		Arcs and Angles	S			Reebok Flexible Strength					
		Becky				Becky					
		5:15-6:05 pm	M			5:15-6:05 pm	M				
		Athletic Interval Training	C			Step Cardio	C				
		Erin				Erin					
5:25-6:25pm	M			5:25-6:25pm	M						
Step Cardio	C			Cardio Mixer	C						
Julie				Julie							
		6:10-7:00pm	KG			6:10-7:00pm	M				
		Zumba	C			Core Challenge	S				
		Erin				Kelly					
		6:30-7:30pm	KG								
		Zumba	C								
		Erin									
6:30-6:55pm	M	6:10-7:00pm	M	6:30-6:55pm	M						
Strictly Abs	S	Qi Gong	F,B,S	Abs & More	S						
Julie		Laura		Julie							
		7:05-7:55 pm	M			7:05-8:05pm	M				
		Beam Pilates	B,S,F			Beaming	B,F,C				
		Mary H.									
7:00-8:00pm	M			7:00-8:00pm	M						
PowerFlex	S			PowerFlex	S						
Julie				Julie							
						7:05-8:05pm	M				
						Beaming	B,F,C				
						Cindy					

CLASS LOCATION
M=Multipurpose Room
G=Gym
KG=Kids Gym

KEY CLASS TYPE
B=Balance
S=Strength
F=Flexibility
C=Cardio

Class schedules may change due to member participation. Registered participants will be notified of class cancellations.



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