

Mini-Session Fitness Menu 2010 September 7-11

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY						
5:45-6:45am PowerFlex Kathy E.	M S ALL	5:45-6:45am Cardio Mixer Julie	M C ALL	5:45-6:45am PowerFlex Kathy E.	M S ALL	5:45-6:45am Boot Camp Deadra	M S ALL				
		8:05-9:00 am Balance, Flexibility & Relax/Sculpt Cindy	M S ALL			8:05-9:00am Core & Upper Body/ Sculpt Kelly	M S ALL	8:05-9:05 am PowerFlex Melissa	M S ALL		
	8:30-9:10am Zumba Cindy			8:30-9:10 am Rhythmic Kickbox Becky	M C L 2,3			9:10-10:10am Zumba Alt. Zumba Staff	M KG		
	9:15-10:15am Arcs and Angles Mary H.	M S ALL	9:10-10:10am Cardio Mixer Nancy	M C L 2,3		9:15-10:15am Reebok Flexible Strength Becky	M S ALL	9:10-10:10am Zumba Nancy	M C ALL	9:15-10:15am Yoga Moves Kathy Z.	M F&S ALL
	10:20-11:20am Boot Camp Becky	M C ALL	10:20-11:20am PowerFlex Kelly	M S ALL		10:20-11:20am Boot Camp Becky	M C ALL	10:20-11:05am Pilates Nancy	M S&F ALL		
		11:45-12:30 pm Hula-Hooping Kathy N. Riverview Park	G B,C								
	12:00-12:50pm Zumba Gold Erin	M C ALL		12:00-12:50pm Zumba Toning Nancy	M C ALL						
	1:00-2:00 pm Gentle Yoga Kathy Z.	M F,S,B ALL		1:00-2:00 pm Gentle Yoga Kathy Z.	M F,S,B ALL						
	5:15-6:05 pm Athletic Interval Training Erin	M C ALL	5:25-6:25pm Cardio Mixer Julie	M C ALL		5:15-6:05 pm Step Cardio Erin	M C ALL				
			5:30-6:15 pm Hula Hoop Kathy N.	M B,C ALL							
	6:10-7:00pm Zumba Erin	KG C ALL	6:30-7:30pm Zumba Kathy E	KG C ALL		6:10-7:00pm Core Challenge Kelly	M S ALL				
			6:30-6:55pm Abs & More Julie	M S ALL							
	7:05-7:55 pm Yoga Lynn	M F,S,B ALL	7:00-8:00pm PowerFlex Julie	M S ALL		7:05-8:05pm Yoga n More Lynn	M F,S,B ALL				

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

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

KEY CLASS LEVEL
L1= Basic
L2= Intermediate
L3= Advanced
AL=All Levels

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



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