

Fitness Class Schedule Winter (01/03/10—02/20/10)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 am - 9:00 am Zumba Tone Dance Studio Susan		6:00 am - 6:45 am Group Cycling Wellness Studio Donna		6:00 am - 6:45 am Group Cycling Wellness Studio Donna	9:00 am -10:00 am Flow Yoga Dance Studio Nicole	8:00a.m Cycling Wellness Studio Jenn
9:00 am - 9:30 am Zumba Express Dance Studio Susan	10:00 am -11:00 am Step Small Gym Carol	9:15 am -10:00 am Mat Pilates Dance Studio Laura		9:15 am -10:00 am Intermediate Pilates Dance Studio Laura	10:00 am -11:00 am Cardio Burn Small Gym Carol	9:00 am - 10:00 am Intermediate PIYO Dance Studio Jenn
9:40 am -10:40 am Mat Pilates Dance Studio Rose	11:30 am -12:15 pm Silver Sneakers Dance Studio Cathy	10:00 am -11:00 am Cardio Burn Small Gym Carol	10:00 am-11:00 am Step Small Gym Carol	11:30 pm -12:15 pm Silver Sneakers Dance Studio Cathy		10:10 am -11:10 am Step Dance Studio Rose/Jenn
	6:00 pm - 7:00 pm Group Cycling Wellness Center Kathy	11:15 am -12:15 pm Hatha Yoga Small Gym Cathy	12:00-12:45 p.m. SilverSneakers Dance Studio Polly	4:30 pm - 5:30 pm Kidz Drillz Large Gym Jason		
	6:00 pm-7:00 pm Yoga Dance Studio Nicole	11:30 am -12:15 pm Silver Sneakers Anna Jayne 4:30 pm - 5:30 pm Kidz Drillz Large Gym Jason	6:00 pm-7:00 pm Group Cycling Wellness Center Kathy	5:30-6:25 p.m. Restorative Yoga PT Studio Carol		
<p>*This schedule is subject to change due to low attendance.</p>	6:30 pm - 7:30 pm Zumba Large Gym Susan	5:30 pm -6:25 pm Step Dance Studio Rose	6:00 pm-7:00 pm Pilates Sculpt Dance Studio Lisa	6:00 pm - 7:00 pm Pump it UP Dance Studio Jenn Cycling Kathy	6:15 pm - 7:15 pm Group Cycling Wellness Room Susan	
	7:00 pm - 8:00 pm Pump-it-up Dance Studio Donna	6:00 pm - 7:00 pm Group Cycling Wellness Center Jenn	7:00-8:00 pm Nia Dance Studio Valerie	7:00 pm - 8:00 pm PIYO Dance Studio Jenn		