

Jan-Mar 2012

Winter Group Fitness



M	T	W	TH	F	SA	SU
6:00AM Tai Chi Debra	6:00AM Yoga II Mike		6:00AM Pilates Cindy	AEROBICS ROOM 1: UPSTAIRS		
9:00AM Low Impact 30x30 Teresa		9:15AM Yoga I Susan	9:15AM Beginner Pilates Linda	9:00AM (75m) Yoga I Linda	9:00AM (75m) Power Yoga Vicki	
10:15AM Yoga I Bill	10:00AM (75m) Yoga I Bill	10:30AM (45m) Therapeutic Yoga Lara	10:35AM Flex & Stretch Laura	10:15AM (75m) Power Pilates Cindy	10:30AM (75m) Yoga Vicki	
	11:30 AM Pilates Cindy		★ 12:00N (45m) Intro to Yoga Vicki			2:00PM (75m) Yoga II Vicki
5:00PM (75m) Power Yoga Vicki	5:00PM (45m) Flex & Stretch Bill	4:45PM (75m) Yoga Arvind		ULTIMATE FRISBEE MONDAYS at 5:30PM (Class meets at Lewis Park. See Front Desk for directions)		
6:30PM (75m) Yoga Vicki		6:15PM (75m) Yoga II Vicki	6:00PM Tai Chi Debra			

AEROBICS ROOM 2: DOWNSTAIRS

M	T	W	TH	F	SA	SU
6:00AM Cardio Strength Lisa		6:00AM Muscle Madness Lisa	★ 5:00AM Cardio Strength Lisa	6:00AM Cardio Kickbox Lamar		
8:00AM Muscle Madness Jamie				8:00AM Cardio Strength Jamie		
9:15AM Cardio Strength Martha	★ 9:00AM Body Blast Cindy	★ 9:00AM 30x30 Teresa	9:30AM Muscle Madness Robin	9:15AM ZUMBA® Cindy	9:00AM (75m) Powerbox Lamar	
12:45 PM (45m) SilverSneakers® MSROM Cindy	★ 10:00AM (45m) SilverSneakers® Cardio Circuit Cindy	12:45 PM (45m) SilverSneakers® MSROM Mary Kay		12:45 PM (45m) SilverSneakers® MSROM Mary Kay		
★ 3:45PM(30m) Body Blast EXP Sam		★ 3:45 PM(30m) Body Blast EXP Sam				
4:30PM Muscle Madness Lisa	4:30PM Cardio Kickbox Sam	4:30PM (45m) Buns & Bellies Lisa	4:30PM ZUMBA® Claire	4:30PM Cardio Kickbox Sam		
5:30PM ZUMBA® Claire	5:30PM Muscle Madness Jamie	5:30PM Step & Tone Lynn	5:30PM Muscle Madness Teresa			
6:30PM Body Blast Jamie		6:30PM Cardio Strength Alison/Jamie			Health Place Hours Mon-Fri 4:45 – 10:00p Saturday 8:00a – 6:00p Sunday 8:00a – 6:00p	

Please note: Class times are 60 minutes unless stated otherwise on the schedule. Instructors and Classes are subject to change.

★ Denotes newly added classes or classes that have been modified.

