

GROUP FITNESS

SEPT 21 '09-JAN 3 '10

Start Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 AM	Group Power Richard~Studio C	Core Conditioning 5:30-6:00 Amy~Studio C	Group Power Richard~Studio C	Core Conditioning 5:30-6:00 Amy~Studio C	Group Power Melissa~Studio C	7:30 AM Cycling Olivia~Studio A 9:00 AM Power Step Rotating Instructor~Studio C 9:00 AM Yoga Rotating Instructor~Studio B 9:15 AM Cycling Melissa~Studio A 10:15 AM Group Power Rotating Instructor~Studio C Intro to Zumba w/Angie 10:05-10:30 AM~Studio B October Saturdays only! 10:30 AM Zumba Angie~Studio B
5:45 AM		Cycling~NEW TIME! Olivia~Studio A		Cycling~NEW TIME! Olivia~Studio A	Zumba Angie~Studio B	
6:00 AM	Cycling Brad~Studio A		Cycling Brad~Studio A		Cycling Shandra~Studio A	
6:00 AM		Tri Yoga Rob~Studio B		Tri Yoga Rob~Studio B		
7:00 AM	Total Fitness Shandra~Studio C		Total Fitness Shandra~Studio C		Total Fitness Shandra~Studio C	
8:15 AM	Gentle Pilates Tai~Studio C	Building Bones & Balance Cindy~Studio C	Gentle Pilates Tai~Studio C	Building Bones & Balance Cindy~Studio C	Quick Start Step~8:05-8:45 Brad~Studio C	
8:30 AM	Gentle Yoga~8:30-9:45 Tina~Studio B	Cycling Melissa~Studio A	Gentle Yoga~8:30-9:45 Tina~Studio B	Cycling Melissa~Studio A	Gentle Yoga~8:30-9:45 Tina~Studio B	
8:45 AM	Cycling Jenny~Studio A	Circuit Training~Sharon Studio B~Fit Floor	Cycling~60 minutes Melissa~Studio A	Circuit Training~Sharon Studio B~Fit Floor	Cycling Jenny~Studio A	
9:00 AM			Drop-In Circuit Training Marlene~Crossline Rm		Drop-In Circuit Training Marlene~Crossline Rm	
9:15 AM	Step & Group Strength 9:15-10:30~Rochelle~Studio C	Group Power~9:20 Amy~Studio C	Step & Group Strength 9:15-10:30~Rochelle~Studio C	Group Power~9:20 Amy~Studio C	Power Step~9:15-10:15 Rochelle~Studio C	
10:30 AM	Yoga~Kelly~Studio B Continuing Beginner-Intermediate		Yoga~Linda~Studio B Continuing Beginner-Intermediate	Yoga~Ann~Studio B Beginner-Continuing Beginner	Yoga~Tai~Studio B Beginner-Intermediate	
10:30 AM		Pilates Lindsay~Studio C		Pilates Lindsay~Studio C		
10:45 AM	Group Power Lindsay~Studio C		Group Power Lindsay~Studio C		Group Power Melissa~Studio C	Sunday
11:45 AM		Mostly Jazz Barbara~Studio B		Mostly Jazz Barbara~Studio B	Mostly Jazz Barbara~Studio B	4:00 PM Group Power Richard/Melissa~Studio C 5:15 PM Zumba Rotating Instructor~Studio C New Class for Fall! 5:15 PM Pilates Rotating Instructor~Studio B Classes averaging less than 10 participants may be removed from schedule. Questions about classes or scheduling? Contact Jen Humphreys, Group Exercise Director-757-8559 or timberhilljen@comcast.net
1:00 PM	Fit for Life~1-2:30 Cindy~Studio C		Fit for Life~1-2:30 Cindy~Studio C		Fit for Life~1-2:30 Cindy~Studio C	
1:15 PM		Tai Chi Darryla~Studio B		Tai Chi Darryla~Studio B		
5:00 PM	Cycling Steve~Studio A	Group Strength Annie~Studio C	Cycling Steve~Studio A	Group Strength Annie~Studio C		
4:45 PM	Group Strength 4:45-5:30~Olivia~Studio C		Group Strength 4:45-5:30~Olivia~Studio C			
5:30 PM	Step 5:30-6:15~Olivia~Studio C		Step 5:30-6:15~Olivia~Studio C			
5:30 PM	Yoga~Emily~Studio B Continuing Beginner-Intermediate	Pilates Angie~Studio B	Yoga~Emily~Studio B Continuing Beginner-Intermediate	Pilates Angie~Studio B		
5:30 PM	Circuit Training Cindy~Crossline Rm		Circuit Training Cindy~Crossline Rm			
6:00 PM		Cycling~NEW CLASS! Richard~Studio A		Cycling~NEW CLASS! Richard~Studio A		
6:05 PM		Zumba~Studio C Leela		Zumba~Studio C Leela		
6:20 PM	Group Power Melissa~Studio C		Group Power Melissa~Studio C			
7:00 PM		NIA Leela~Studio C		NIA Leela~Studio C		

