

Fitness Class & Studio Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:35-6:35 a.m. Cardio Pump w/Karen Gymnasium	5:35-6:20 a.m. 15-15-15 w/Eileen	5:35-6:35 a.m. Boot Camp w/Karen Gymnasium	8-9 a.m. Yoga All Levels w/Patty	6 - 7 a.m. Spin w/ Paul	6 - 7 a.m. Core Spin w/Kathy	8:15-9:15 a.m. Yoga All Levels w/Patty
6 - 7 a.m. Spin w/ Paul	8-9 a.m. Yoga All Levels w/Patty	6 - 7 a.m. Spin w/ Paul	9:15-9:45 a.m. Pi-Yo w/patty	8:15-9:15 a.m. Work the Circuit w/Jodi	7:15-8:15 a.m. Water Fitness w/Kathy	9:30-10:45 a.m. Extreme Spin W/Ron
8:45-9:30 a.m. Functional Strength w/Jodi	9:15-9:45 a.m. Pi-Yo w/ Patty	8:45-9:30 a.m. Total Toning w/Larken	8:45-9:45 a.m. Water Fitness w/Kathy	9:30-10:30 a.m. Power Yoga 1 w/Sharon	7:30-8:30 a.m. Spin w/Todd	11:15-11:45 a.m. Creative Movement w/Kate
9:45-10:45 a.m. Complete Fitness w/Jodi	8:45-9:45 a.m. Water Fintness w/Kathy	9:45-10:45 a.m. 20-20-20 w/Larken	10-10:45 a.m. Body Toning w/Kathy	9:30-10:30 a.m. Water Fitness 2 w/Kathy	8:45-10 a.m. Yoga Fit w/Sharon	Noon-12:45 p.m. Pre-Ballet W/Kate
10-11 a.m. Aqua Fitness/Dance w/Kathy	10-10:45 a.m. Body Toning w/ Kathy	Noon-1 p.m. Spin w/Pat	10:45-11:30 a.m. Aqua Therapy w/Kathy D'Angelo, PT	10:40-11:25 a.m. Water Toning w/Kathy	10:15-11:15 a.m. Butts and Guts w/Jodi/Larken	1-2 p.m. Ballet I w/Kate
Noon-1 p.m. Spin w/Pat	10:45-11:30 a.m. Aqua Therapy w/Kathy D'Angelo, PT	4-5 p.m. Iron Yoga w/Sharon	11:35 a.m.-12:20 p.m. Aqua Therapy w/Kathy D'Angelo, PT	11:45 a.m. -12:45 p.m. Spin w/Kathy	11:45 a.m.-12:45 p.m. Youth Improv w/Mandy	2:15-3:15 p.m. Jazz I w/Kate
4:15-5:15 p.m. Pilates W/Margherita	11:35 a.m.-12:20 p.m. Aqua Therapy w/Kathy D'Angelo, PT	5:30-6:30 p.m. Work the Circuit w/Jodi	Noon-1:15 p.m. Yoga 1 w/Sharon	1-1:45 p.m. Pool Pilates w/Margherita	1-2 p.m. Adult Improv w/Mandy	
5:30-6:30 p.m. Step and Tone w/Jodi	Noon-1:15 p.m. Yoga 1 w/Sharon	6:45-7:45 p.m. Zumba w/Ann	3:45-4:45 p.m. Zumba w/Becky			
6:45-8:00 p.m. Yoga All Levels w/Sharon	3:30-4:30 p.m. International Dance w/Carly	6:30-7:30 p.m. Aqua Power W/Larken	5-6 p.m. Spin w/Anne	3:45-4:45 p.m. Latin/Jazz Fusion w/Kelly		
6:30-7:30 p.m. Aqua Power w/Larken	5-6 p.m. Spin w/Todd		6:15-7:15 p.m. Butts & Guts w/Anne		5-6 p.m. Latin Dance II w/Oswaldo	
	6:15-7:15 p.m. Yoga All Levels w/Nanette		7:30-8:30 p.m. Salsa Fit w/Kelly	6-7 p.m. Latin Dance II w/Oswaldo	6:15-7:15 p.m. Latin Dance II w/Oswaldo	
	7:30-8:30 p.m. Zumba w/Ann		6-7:15 p.m. 1 st Yr. Tai Chi w/George Comm. Room	7:15-8:15 p.m. Latin Dance I w/Oswaldo		
			7:30-8:45 p.m. Cont. Tai Chi w/George Comm. Room	8:30-9:30 p.m. Latin Dance III w/Oswaldo		

Block Schedule WINTER 2010 JANUARY 11TH - MARCH 28TH

Unless otherwise noted in class description