

SEPTEMBER 7, 2010

	STUDIO 1	STUDIO 2	STUDIO 3	CYCLE	AQUA
Monday	5:45 Christina 	Registration required. See RJ		5:45 - 6:45 Cycle Bill	
		8:30 - 9:30 Hatha Yoga Valerie S.	8:00 - 9:00 TRX TRAINING Small Group		90 minute ride Sept. 4h
	9:30-10:30 Pilates Sharon		 9:30 Kristen	9:30 - 10:30 Cycle Ron	9:00 - 10:00 *** Aqua Run Andrea
		10:45 - 11:45 Feldenkrais Jaclyn	10:30 - 11:30 Cardio Kickbox Sharon		10:00 - 11:00 Aqua Sculpt Jenn
			12:10 - 12:55 Step N Buff Laura C		1:00 - 4:00 Physical Therapy
		4:30 - 5:30 Gentle Yoga April			
	5:00- 6:00 Hi-Lo/Sculpt Laura C	5:30 - 6:30 Pilates BJ	5:00-6:00 Boogie Box Donna/Renee	5:30 - 6:30 Cycle Paulina	5:30 - 6:30 *** Aqua Run Mark
	6:15 - 7:00 Hip Hop ABS Vin		 6:00 Al/Scott		6:30 - 7:30 Aqua Sculpt Mark
	7:00 - 8:00 X-treme Sculpt Ed F.	6:30 - 7:45 Beg Power Yoga Joe	7:15 - 8:15 Zumba Vin/Shakira	 7pm Mich/Al	
		8:00 - 9:00 Gentle Yoga Joe	8:15 - 9:15 Boxing Koye		
Wednesday	STUDIO 1	STUDIO 2	STUDIO 3	CYCLE	AQUA
		7:30 - 8:30 Hatha Yoga April	 5:45 Christina	5:45 - 6:45 Cycle Anna	5:00 - 6:30 Swim 4 Fitness Group
	8:30 - 9:30 X-treme Sculpt Renee		8:00 - 9:00 TRX TRAINING Small Group	Registration required. See RJ	9:00 - 10:00*** Cardio Cross Andrea
		9:30 - 10:30 Pilates Bonnie	9:30 - 10:30 Power Step Cheryl	9:30 - 10:30 Cycle Susan	10:00 - 11:00 Aqua Pilates Jenn
	10:30 - 11:30 Zumba Gold Jamuna		 10:30 Donna		
		10:30 - 11:45 Power Yoga Ryah			1:00 - 4:00 Physical Therapy
	12:10 - 12:55 Cardio Glide Laura C	11:45 - 1:00 Gentle Yoga Kathleen			
		1:00 - 2:00 Feldenkrais Jaclyn			
	5:30 - 6:30 Rebounding Michele	5:15 - 6:00 Sweat N Low Karen	 5:00 Kristen		
	6:30 - 7:30 Boogie Box Christina	6:00 - 6:45 Upper Body Blast & BLT Karen	 6:30 Ron/Arturo		
	7:00 - 8:15 Hatha Yoga Amy	7:30 - 8:30 Ultimate Fitness Shawn	6:30 - 7:30 Cycle Cheryl M.	7:00 - 8:00 Aqua Combo Mark	
Friday	STUDIO 1	STUDIO 2	STUDIO 3	CYCLE	AQUA
	5:45 - 6:30 Boogie Box Renee/Christina		 6:30 Christina S	5:45 - 6:45 Cycle Phil Cooy	5:00 - 6:30 Swim for Fitness Group
		9:00 - 10:00 Gentle Yoga Ryah	8:30 - 9:30 Build a Body Helen	90 minute ride Sept. 10th 5:15 am	9:00 - 10:00 Physical Therapy
	9:00 - 10:00 Cardio Bellydance Shevon		9:30 - 10:30 Willpower & Grace Linda Fan	9:30 - 10:30 *** Cycle Laura S.	9:30 - 10:30 *** Cardio Plunge Corina
		10:30 - 11:45 Power Yoga Ryah	10:30 - 11:30 Zumba Vin	90 minute ride Sept 17th 9:00 am	10:30 - 11:30 Aqua Sculpt Corina
	12:10 - 12:55 Fun on the Ball Laura				
					1:00 - 4:00 Physical Therapy
	4:30 - 5:30 Xtreme Sculpt Lisa				
	5:30 - 6:30 Qi Gong Donna		5:30 - 6:30 Ultimate Fitness Shawn	5:30 - 6:30 Cycle Mark/Cheryl	5:30 - 6:30 Aqua Sculpt Linda D
	6:00 - 7:00 Hatha Yoga Sharon L.	 6:35 Donna C.			

*** Denotes Lap Pool

	STUDIO 1	STUDIO 2	STUDIO 3	CYCLE	AQUA
Tuesday			 5:45 Arturo		
			 7:30 Al		9:00 - 10:00 Physical Therapy
	9:30-10:30 Zumba Barbara	9:00 - 10:00 Hatha Yoga Ryah	 8:30 Al	9:30 - 10:30 Cycle Deb F	9:30 - 11:00*** Aqua Boot Camp Corina
	10:30 - 11:30 Gentle Pilates Bonnie	 10:30 Deb	9:30 - 10:30 Boogie Box Renee/Cheryl		
		11:45 - 12:45 Tai Chi Lee	10:30 - 11:30 X-Treme Sculpt Sharon		11:00 - 11:45 Aqua Sculpt Katrine
	12:10 - 12:55 Burn & Firm Laura	2:30 - 3:30 Gentle Yoga April			11:45 - 12:45 Aqua Arthritis Katrine
					90 minute ride Sept. 14th
	5:00-6:00 Fun on the Ball Laura		5:30 - 6:30 Boxing Chase	5:30 - 6:30 Cycle Mark M	5:30 - 6:15 Aqua Pump Katrine
	 6:00 Karen	5:30 - 6:30 Advanced Step Vin			6:15 - 7:00*** Intense Cardio Andrea
Thursday	STUDIO 1	STUDIO 2	STUDIO 3	CYCLE	AQUA
	 5:45 Renee	5:45 - 6:45 Pilates Christina S.			
			 8:30 Al	7:30 - 8:30 Cycle Susan	9:00 - 10:00 Physical Therapy
		8:30 - 9:30 Pilates Sharon B.		9:30 - 10:30 Cycle Laura	9:00 - 10:00*** Intense Cardio Liz
		 9:30 Deb	9:30 - 10:30 Cardio Kickbox Sharon B		10:00 - 11:00 Aqua Sculpt Katrine
		10:30 - 11:30 Gentle Yoga Deb	 10:35 Al		11:00 - 11:45 Hydro Hip-Hop Shevon
	12:10 - 12:55 Step n Arms Laura				11:45-12:45 Aqua Arthritis Addie
			 3:30 Al		1:00 - 2:00 Ai Chi Donna
			 4:30 Al		5:30 - 6:30*** Cardio Combo Jenn
	5:30 - 6:30 Straight up Step Natalie	5:30 - 6:30 Pilates Renee M.	5:30 - 6:30 Willpower & Grace Mary Ann	 5:45 Blair/Paulina	6:30 - 7:15 Aqua Pilates Jenn
Saturday	STUDIO 1	STUDIO 2	STUDIO 3	CYCLE	AQUA
			 8:00 Al	7:30 - 8:30 Cycle Blair	
	 9:00 Donna/Carol	X-Press 8:30 - 9:45 Deep Stretch Joe	 9:15 Christina	 9:00 Al	9:00 - 10:00*** Cardio Splash Karen
	9:45 - 10:00 Rockin' Abs Donna/Carol	10:00 - 11:15 Gentle Yoga Joe	 10:15 Al		10:00 - 10:45 Aqua Sculpt Karen
	10:00 - 11:00 Integrated Strength Lisa D.	11:20 - 12:20 Power Yoga Valerie	11:30 - 12:30 Tai Chi Donna	* 10:15 - 11:00 * Your First Ride Bill	1st Saturday of every month
	11:20 - 12:20 Feldenkrais Jaclyn		12:30 - 1:15 Ai Chi Advanced Donna		11:00-11:30 parent child swim must pre-register
	12:30 - 2:00 Ballroom Dance Shevon				
	8:30 - 9:30 Advanced Step Vin	8:30 - 9:45 Vinyasa Yoga Marzena	 7:45 Ron/Kristen	8:00 - 9:00 Cycle Mark/Christina	7:30 - 9:00 Swim for Fitness Sandra Frank
	9:30 - 10:30 Cardio Bellydance Vin	9:45 - 10:45 Pilates Phil	9:00 - 10:00 Boogie Box Christina/Donna	9:00 - 10:00 Cycle Don	
	10:30 - 11:30 Zumba Vin	10:45 - 12:00 Gentle Yoga Sharon L.	 10:00 Arturo/Tom		10:00 - 11:15 Aqua Combo Linda/Katrine
Sunday	 11:30 Karen		11:15-12:15 Willpower & Grace Kristen		
					12:00 - 1:00 Swim Team Practice

*** Denotes Lap Pool