

Group Exercise Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>8:30 a.m. STRETCH w/John</p> <p>9:00 a.m. CORE STRENGTH w/John</p> <p>4:30 p.m. ZUMBA * w/Liz (sign-up required)</p> <p>5:30 p.m. CYCLE TRAINING w/Patty</p> <p>6:30 p.m. STEP w/Lisa (30 min)</p> <p>7:00 p.m. TONE ZONE w/Lisa (30 min)</p> <p>7:30 p.m. YOGA BASICS w/Carol</p>	<p>9:00 a.m. POWER HOUR w/Tiara</p> <p>3:30 p.m. JUNIOR STRENGTH TRAINING w/Cody</p> <p>4:30 p.m. STEP-N- TONE w/ Patty</p> <p>5:30 p.m. CYCLE XPRESS w/Amanda (30 min) * (\$2/class)</p>	<p>5:45 a.m. STEP-N- TONE w/Lisa</p> <p>8:30 a.m. STRETCH w/Chris</p> <p>9:00 a.m. CORE STRENGTH w/Chris</p> <p>4:30 p.m. 20/20/10/10 w/ Patty (Step/hi-lo OR Kickboxing (alternating weeks)/weights/abs</p> <p>5:30 p.m. CYCLE TRAINING w/Kathleen</p> <p>7:30 p.m. MIXED-LEVEL VINYASA FLOW w/Ann</p>	<p>8:00 a.m. ZUMBA * w/Liz (sign-up required)</p> <p>9:00 a.m. SMALL BALL PILATES w/John</p> <p>3:30 p.m. JUNIOR STRENGTH TRAINING w/Cody</p> <p>6:30 p.m. STEP-N- TONE w/ Laurie</p>	<p>5:45 a.m. STEP-N- TONE w/Lisa</p> <p>9:30 a.m. CYCLE TRAINING w/ Amanda *(\$2/class)</p> <p>5:15 p.m. AB LAB w/ Patty</p> <p>5:30 p.m. CYCLE XPRESS w/ Patty (30 min)</p>	<p>8:30 a.m. BODY BLAST! w/ Tiara</p> <p>9:30 a.m. ZUMBA * w/Andrea (sign-up required)</p>

This schedule is subject to change. **Classes are monitored for participation**, and are sometimes cancelled or replaced.

July 23, 2010 SENIOR FIT CLASSES SCHEDULE CHANGES ON WEEK TO WEEK BASIS. PLEASE CALL TOM BARKER FOR DATES OF CLASSES (508) 982-1257