



Group Fitness Schedule

Effective June 15, 2009



	AM			PM			Additional Programs	Gym Hours/DayHours	
	TIME	CLASS	INSTRUCTOR	TIME	CLASS	INSTRUCTOR			
MONDAY	9:15	Yoga Stretch	Lilly	5:35	PowerStep & Abs	Lyn		Gym Hours: 5:30am-9:00 pm Child care Hours: 8:30am-11am, 4pm-7pm	
TUESDAY	9:15	Total Body Sculpt	Jan	5:15	Express Cardio Blast*	Jane/Michele	11:00	SilverSneakers® Muscular Strength Classes <i>Begin July 7th</i>	Susan Gym Hours: 5:30am-9:00 pm Child care Hours: 8:30am-11am, 4pm-7pm
WEDNESDAY	8:45	Step'n Weights	Lauren	5:35	TurboKick & Abs	Tara		Gym Hours: 5:30am-9:00 pm Child care Hours: 8:30am-11am, 4pm-7pm	
THURSDAY	9:15	Yoga Flow	Lilly	5:35	Total Body Sculpt	Chris/Jan	11:00	SilverSneakers® Muscular Strength Classes <i>Begin July 7th</i>	Tara Gym Hours: 5:30am-9:00 pm Child care Hours: 8:30am-11am, 4pm-7pm
FRIDAY	8:45	PowerStep	Tara					Gym Hours: 5:30am-7:00 pm Child care Hours: 8:30am-11am, 4pm-7pm	
SAT	8:30	Instructor Choice	Rotation		<i>No classes</i>		6:30	Training Runs for 1/2 marathon* *Begins Mid-July	Gym Hours: 7:00am-5:00 pm Child care Hours: 8:30am-11:00 am
SUN		<i>No Classes</i>			<i>No Classes</i>			Gym Hours: 1:00pm-5:00pm Child care Hours: None	