

# GROUP EXERCISE

<b>Monday</b>			
Time	Class	Instructor	Studio
8:00am	Pilates	Mary	1
9:00am	Step	Shelly S.	1
10:00am	Y-Pump	Rotation	1
11:00am	Zumba	Tara	1
11:00am	Zumba Gold	Tracey	Gym 1
11:00am	Yoga Flow	Norma	2
4:15pm	Shape Up	Diane	1
5:30pm	Rep Reebok	Sarah	1
6:00pm	Iyengar Yoga	Sharryn	2
6:45pm	Y-Box	Holly	1

<b>Tuesday</b>			
Time	Class	Instructor	Studio
6:00am	Pilates	Peggy	1
9:00am	Urban Express	Lisa	1
10:00am	Hip-Hop Aerobics	Devin	1
10:00am	Pilates	Cindy	2
11:00am	Zumba	Heidi	1
11:00am	(New) Beginner class	Rotation	2
12:00pm	(New) Arms & Abs	Heidi	1
12:00pm	Iyengar Yoga	Sharryn	2
5:30pm	Kick Butt Cardio	Missy	1
6:00pm	Pilates	Linda	2
7:00pm	Zumba	Tara	1

<b>Wednesday</b>			
Time	Class	Instructor	Studio
6:00am	Zumba	Carla	1
8:30am	Zumba Express	Shelly	1
9:00am	Step	Shelly	1
10:00am	Y-Pump	Julie	1
10:00am	Zumba Gold	Tracey	Gym 1
11:00am	Zumba	Shelly	1
11:00am	Yoga	Theresa	2
4:15pm	Shape Up	Diane	1
5:30pm	Rep Reebok	Sarah	1
6:45pm	(New) TurboKick	Kristen	1

<b>Thursday</b>			
Time	Class	Instructor	Studio
6:00am	Pilates	Peggy	1
9:00am	Y-Box	Cindy	1
10:00am	Hip-Hop Aerobics	Devin	1
10:00am	Pilates	Cindy	2
11:00am	Zumba	Heidi	1
11:00am	Yoga Flow	Norma	2
12:00pm	(New) Arms & Abs	Heidi	1
5:30pm	Kick Butt Cardio	Missy	1
6:00pm	Pilates	Linda	2
7:00pm	Zumba	Heidi	1

<b>Friday</b>			
Time	Class	Instructor	Studio
6:00am	Zumba	Carla	1
8:00am	Pilates	Mary	1
9:00am	Step	Shelly S.	1
10:00am	Boot Camp	Julie/ Sue	1
10:00am	Pilates	Shelly	2
10:00am	Zumba Gold	Tracey	Gym 1
11:00am	Zumba	Tara	1
11:00am	(New) Beginner class	Rotation	2
4:15pm	Shape Up	Diane	1
6:00pm	(New) TurboKick	Sherry	1

<b>Saturday</b>			
Time	Class	Instructor	Studio
8:00am	Rep Reebok	Cindy	1
9:00am	Pilates	Rotation	2
9:00am	Zumba	Heidi	1
10:00am	Y-Box	Missy	1
10:00am	(New) Ab Blast	Heidi	2

The new Beginner Class that runs on Tue. & Fri. at 11:00am will begin the week of Sept. 13th

Note: Zumba Gold will be held in Gym 1 upstairs

## CYCLING SCHEDULE

<b>Monday</b>	
Time	Instructor
6:00am	Christine
9:00am	Julie
4:30pm	Randy

<b>Tuesday</b>	
Time	Instructor
9:00am	Sue
4:30pm	Randy

<b>Wednesday</b>	
Time	Instructor
6:00am	Christine
9:00am	Sue
4:30pm	Randy

<b>Thursday</b>	
Time	Instructor
9:00am	Julie

<b>Friday</b>	
Time	Instructor
9:00am	Sue

<b>Saturday</b>	
Time	Instructor
9:00am	Randy

\* Instructor subject to change