



Group Exercise Schedule

Effective February 1, 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:30am Spin Laura	5:30am Power Tone Liz H.	5:30am Spin Liz H.			
8:00am Spin JoAnn	7:00am Spin Liz H.		7:00am Spin JoAnn	8:00am Spin JoAnn	7:15am Step/Cardio Boxing Kathy/Mio	
9:00am Power Tone Liz H.	9:00am Zumba Liz R.	9:00am Boot Camp Liz H.	9:00am Zumba Liz R.	9:00am Power Tone Liz H.	8:00am Power Tone Kathy/Mio	8:00am Spin Laura
10:15am Muscle Up & Move Mio	9:00am Spin JoAnn.	10:15am Muscle Up & Move Kate	9:00am Spin Kate	10:15am Muscle Up & Move Miki	8:00am Spin Andrea	9:00am Zumba Liz R.
4:30-5:15pm Zumba Liz R.	10:00am Yoga Manna	4:30pm Power Tone Bridget	4:00pm Kids Karate Russ***	3:30pm Kids Karate Russ***		
5:30pm Yoga Katie	4:00pm Kids Karate Russ***	Dance Party will resume in March!	4:30pm Spin Tracy	4:30pm Spin Bridget		
7:30pm Adult Karate Russ***	4:30pm Spin Bridget	5:30pm Spin Bridget	5:30pm TRX Kathy	5:30pm Hot Yoga Rotates		
	5:30pm Tabata Bridget		5:30pm Women Only Spin Kathleen***			
	6:45pm Beginner Ballroom*** 7:45pm Intermediate***	7:30pm Adult Karate Russ***	6:45pm Advanced 1 Ballroom*** 7:45pm Advanced 11***		Ballroom Dance 7-10pm 1st Sat. of month***	