

***Please Note**
Schedule Changes Below

GROUP X-ercise for October 19 - December 13, 2009 / Mini 2

Monday	Tuesday	Wednesday	Thursday	Friday
12N - 1:15pm Yoga - Skibo Fencing Room Brian	11:00am - 12N Pilates - Core on the Ball Michael	12N - 1:15pm Yoga - Skibo Small Gym Brian	11:00am - 12N Pilates - Core on the Ball Michael	7:00am - 8:15am Yoga Stephanie
12:30pm - 1:30pm Cardio/Step/Wts Rosemary	12N - 1:20pm Intermediate Yoga - PE too Brian	12:30pm - 1:30pm Step/Interval Melissa	12N - 1:20pm Intermediate Yoga - PE too Brian	12N - 1:15pm Yoga -Skibo Small Gym Brian
1:30 - 2:20pm Water Fitness Dolores	12:30pm - 1:15pm Swimming for Fitness (must be able to continuously swim in deep water) Sara	1:30pm - 2:20pm Water Fitness Dolores	12:30pm - 1:15pm Swimming for Fitness (must be able to continuously swim in deep water)	12:30pm - 1:30pm Cardio/Step/Wts Rosemary
4:15pm - 5:00pm Spin Jeff	1:30pm - 2:50pm Yoga -Beginners Brian	5:00 pm - 5:30pm Abs Only Melissa	1:30pm - 2:50pm Beginning Yoga Brian	5:00pm - 5:30pm Abs Carl
5pm - 5:30pm ABS Only Carl	5:00pm - 6:15pm Vinyasa Yoga Chelsea	5:30pm - 6:30pm Zumba Michelle	5:00pm - 6:00pm Bootcamp Daisy	5:30pm - 6:15pm Sculpt Carl
5:30pm - 6:15pm Sculpt/Wts/Abs/Body Bars Carl	6:15pm - 7:15pm Kickboxing Karen	6:30pm - 7:25pm Spin Maura	6:15pm - 7:15pm Samba Dolores	Sunday 4:00pm - 5:00pm Boot Camp Daisy
6:30pm - 7:30pm Zumba Michelle	7:30pm - 8:45pm West African Dance Yamoussa	7:30pm - 8:30pm Step Jillian	7:15pm - 8:30pm Vinyasa Yoga Sarah	5:00pm - 6:00pm Spinning Daisy
7:30pm - 8:45pm Step/Sculpt Jillian		8:30pm - 9:30pm Hip-Hop Raymond	Saturday 10:00am - 11:00am Cycling & Abs Heather/Lisa	6:00pm - 7:15pm Yoga Stephanie
			11:15am - 12:30pm Yoga Brian	

Two punches for:
Pilates and Yoga
Checks Only at Equipment Desk
10 Punches-\$30 20+3 Free-\$60
Cards good thru August 2010!
Single class cards-\$4 & \$7
© Info or Equipment desk

***Schedule Changes**
NO CLASSES
- After 1:30 pm on Friday, October 16th
- October 30th & 31st (Homecoming)
- After 1:30 pm on November 25 thru 29th
- December 13 thru 18th, lunchtime classes only.

10:00am - 11:00am
Cycling & Abs
Heather/Lisa

11:15am - 12:30pm
Yoga
Brian

**All Classes Must Have a Minimum
of 4 Participants to Continue or
an Additional Card Punch!**