

Group Fitness Classes

Land & Group Cycling April 2009

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|---|--|---|
| | 8:30-9:25 am Pilates Gym/Angie | | 8:15-8:55 am Core Stability Ball Gym/Angie | PLEASE NOTE - NO CLASSES APRIL 10TH - GOOD FRIDAY | 8:00-8:55 am Yogamix Sen Wing/Kenya *** |
| 9:00-9:40 am Group Cycling Gym/Lynn | 9:35-10:20am Group Cycling Club Rooms/Karen | 9:00-9:45 am PowerStrike Gym/Lynn | 9:00-9:40 am Yogalates Gym/Jane | 9:30-10:15 am Silver Sneakers Muscular Strength Club Rooms/Kenya | 9:00-9:55am Group Cycling Club Room/Jen |
| 9:00-9:45 am Silver Sneakers Cardiocircuit Club Rooms/staff | | 9:00-9:45 am Silver Sneakers Cardiocircuit Club Rooms/staff | 9:25-10:20 am Group Cycling Club Rooms/Lynn | 9:45-10:35 am CardioChallenge Gym/Jody | 9:00-9:55am Zumba Senior Wing/Jody |
| 9:50-10:45 am Y- Pump Gym/Audra | 9:45-10:40 am Step Gym/Paige | 9:50-10:45 am Y- Pump Gym/Lynn | 9:45-10:40 am StepFit Gym/Lisa | 10:30-11:25 am Yogamix Club Rooms/Lynn | 10:00-10:30 am Glide Club Rooms/Jen |
| 10:00-10:45 am Silver Sneakers MuscularStrength Club Rooms/staff | NEW!!!! 10:45 - 11:15 am "Just Beat It" a Cardio class with stability balls and drum sticks! Gym/Paige | 10:00-10:45 am Silver Sneakers Muscular Strength Club Rooms/staff | | | 10:30-11:05 am Beg. Group Cycling Gym/Jane |
| 10:55-11:45 am Line Dancing Lou | | | 10:30-11:15 am Silver Sneakers YogaStretch Club Rooms/Marsha | 10:40-11:25 am Zumba Gold Gym/Jodi | 11:15-12:00 Pilates ClubRooms Jane |
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| 6:40-7:25 pm Group Cycling Club Rooms/Debbie | 6:15-7:10 pm Y- Pump Club Rooms/Debbie | 6:40-7:25 pm Group Cycling Club Rooms/Angie | 6:30-7:25 pm Intro/Beg. Step SeniorWing Vikki/Debi/ Paige/Diana/Jody/ Lisa | | *** Please note - Child Watch is not open |
| 7:30-8:15 pm Pilates Debbie | 7:20-8:15 pm YogaMix Club Rooms/Kenya | 7:35-8:15 pm Core Stability Ball Senior Wing/Angie | 6:40-7:25 pm Group Cycling Club Rooms/Kim | | |