

Group Fitness Classes

LAND JUNE 6 - 30, 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		
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		9:30-10:20 am Silver Sneakers Cardiocircuit Club Rooms/staff	9:25-10:20 am Group Cycling Club Rooms/Lynn	9:30-10:25 am Zumba and Strength Combo 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	
10:00-10:45 am Silver Sneakers MuscularStrength 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/Kenya		11:15-12:00 Pilates ClubRooms Jane
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		
7:30-8:15 pm Pilates Debbie	7:20-8:15 pm YogaMix Club Rooms/Kenya		7:30 - 8:25 pm Line Dancing SeniorWing/Lou		