

LAND & AQUATIC GROUP EXERCISE SCHEDULE SUMMER 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8:30-9:25 am Pilates Gym/Angie			8:45-9:40am Boot Camp Gym /MaryAnn	8:00 - 8: 45 am Group Cycling Club Room/Jen
9:00-9:55 am Deep Water/Karen	8:30-9:45am Liquid Cardio/Robin	9:00-9:55 am Deep Water/Teri	8:30-9:45 am Liquid Cardio/pool	9:00-9:55 am Deep Water/Teri	8:00-8:55 am Aqua Motion/Teri
9:00-9:40 am Group Cycling Gym/Lynn	9:30 -10:25 am Zumba Gym/Kim	9:00-9:45 am PowerStrike Gym/Lynn	9:00-9:40 am Group Cycling Gym/Lynn		8:45 - 9: 30 am Pilates Senior wing/Jane
9:00-9:20 am SneakerWalk Walking tr./Vikki		9:00-9:20 am SneakerWalk Walking tr./Vikki	9:30-10:25 am Yogalates ClubRooms/Jane	9:30-10:15 am Silver Sneakers MSROM Club Rooms/Kenya	9:35-10:30 am Zumba Senior Wing/Karin
9:30-10:15 am Silver Sneakers Cardiocircuit Club Rooms/Vikki		9:30 - 10:15 am Silver Sneakers Cardiocircuit Club Rooms/Vikki		9:50-10:45 am Y- Pump Gym/Lisa	
9:50-10:45 am Y- Pump Gym/Lynn	10:00-10:55 am Arthritis Aqua/Teri	9:50-10:45 am Y- Pump Gym/Audra	10:00-10:55 am Arthritis Aqua/Teri	10:30-11:25 am Yogamix Club Rooms/Lynn	
10:30-11:15 am Silver Sneakers MSROM Club Rooms/Vikki	10:30-11:25 am Yogamix Club Rooms/Jane	10:30-11:15 am Silver Sneakers MSROM Club Rooms/Vikki	10:15 - 11:00 Step & More Gym/Lisa/Stephanie	10:55-11:45 am Zumba Gold/ Lou	NO CLASSES MEMORIAL DAY JULY 4TH LABOR DAY
10:55-11:45 am Line Dancing Lou			10:30-11:15 am Silver Sneakers YogaStretch Club Rooms/Jane		
11:10-12:05 am Aqua- Motion/Karen		11:10-12:05 am Silver Sneakers Silver Splash/Teri	Belly Dancing 11:20 - 12:00 CLUB ROOMS/JANE	11:10-12:05 am Aqua-Motion/Teri	
	4:30-5:25 pm Aqua- Explosion/Amy		4:30-5:25 pm Aqua- Explosion/Amy		
Step 5:30 - 6:25 Senior Wing/Robin	5:30- 6:20 pm Pilates Senior Wing/Mary	6:15-7:10 pm Boot Camp 1/2 Gym MaryAnn	5:30-6:20 pm YogaMix Senior Wing/Kenya		
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/Cathie		
7:45-8:40 pm Aqua-Motion/Teri	6:30-7:20 pm Zumba SeniorWing/Kim !	7:45-8:40 pm Aqua-Motion/Teri	6:30-7:25 pm Y- Pump Club Rooms/Audra		GYM & POOL CLOSINGS FOR MAINT. TBA