



Winter 2012 – Group Exercise Schedule January 2nd – February 19th

6:00am								
6:30am								
7:00am								
7:30am							Bootcamp 7:30-8:30 Lisa	
8:00am		Zumba 8-8:55 Jonelle		Zumba 8-8:55 Jonelle			Flex & Stretch 8:30-9 Lisa	
8:30am				Total Body Strength & Tone 9-9:55 Jonelle	Cardio Kickbox 9 - 10:15 Shirley		Zumba 9:30-10:25 Carey	Step 'N Sculpt 9-10 Gail
9:00am	Step n Sculpt 9 - 10:15 Shirley	Total Body Strength & Tone 9-9:55 Jonelle	Low Impact Aerobics 9 - 10:15 Shirley					
9:30am				Below The Belt 10-10:30 - Lisa				
10:00am	WOW 9:30-10:30 Fit Ctr - John	Above The Belt 10-10:30 - Lisa	WOW 9:30-10:30 Fit Ctr - John				Zumba 10:30- 11:25 Sandy	
10:30am	Balance & Stability 10:30-11:15 Veronica		Strength & More 10:30-11:15 Veronica		Strength & More 10:30-11:15 Alaina			
11:00am								
11:30am								
12:00pm							Express Toning 11:30-12 Sandy	
12:30pm								
1:00pm								
1:30pm								
2:00pm								
2:30pm				Intro to Zumba 3:15-3:55 Jonelle	Chair Yoga 3-4 Ony			
3:00pm								
3:30pm								
4:00pm	Pilates I 4-4:55 Liz	Family Fitness 4:15- 4:55 Gym	Youth Fitness 4:15-5 Gym or Group Ex Ken	Pilates II 4-4:55 Liz	Zumba 4:15 – 5:10 Jodi			
4:30pm								
5:00pm	Flex 'n Stretch Alison 5-5:30		Country Line Dancing 5-5:55 Rachel	PiYo 5-5:40 Liz	Gentle Yoga 5:15-6:15 Ony	Low Impact Aerobics 5:15-6 Mary		
5:30pm	Zumba 5:30-6:25 Sandy			Running 101* 5:30-6:30 John				
6:00pm		Zumba 6-7 Carey		Bootcamp Salsa 5:45-6:25 Dina	Yoga 6:15–7:15 Ony	Pilates 6:15-7pm Mary	Closed	Closed
6:30pm	Express Toning 6:30-7 Sandy			Hip-Hop 6:30-7:25 Mary			<i>*Meets in lobby, begins 2/1/12</i>	<i>Schedule revised 12/29/11 Subject to change</i>
7:00pm								
7:30pm	Cardio Kick-box 7:30-8:30 Lisa	Karate 7-9 Mark		30 Minute Cardio Express - Lisa 7:30-8	Karate 7:15-9:15pm Mark			
8:00pm								
8:30pm	Core Strength 8:30-9 Lisa			Total Body Sculpt 8-9 - Lisa				
9:00pm								
9:30pm								
10:00pm								