








# Group Exercise Class Schedule

## Summer 2009

June 1, 2009 - August 31, 2009

	Monday	Tuesday	Wednesday	Thursday	Friday
6:00 AM	Rise 'n' Shine Ride* (45 min) <i>Jana</i>	Chiseled (45 min) <i>Jenn</i>	<b>NEW!</b> Cardio Craze (45 min) <i>Jenn</i>	<b>NEW!</b> Chiseled (45 min) <i>Joy</i>	Rise 'n' Shine Ride* (45 min) <i>Joy</i>
9:15 AM		CyStrength* (75 min) <i>Jenn</i>	Detox Yoga Flow (75 min) <i>Jenn</i>	CyStrength* (75 min) <i>Joy</i>	Zumba+ (75 min) <i>Jenn</i>
5:00 PM	Cardio Detox <i>Jana</i>	<b>NEW!</b> Gone in 60 Seconds! <i>Joy</i>	Chiseled <i>Joy</i>	<b>NEW!</b> Ride for 45* <i>Jana</i>	
6:00 PM	Zumba <i>Joy</i> or Ride for 45* <i>Jenn</i>	<b>NEW!</b> Yin Yang Yoga (75 min) <i>Wendy</i>	Zumba <i>Jana</i> or Ride for 45* <i>Joy</i>	Intensive Intervals <i>Jenn</i>	
7:00 PM	Pilates Express (45 min) <i>Jenn</i>		<b>NEW!</b> Pilates Express (45 min) <i>Joy</i>	<b>NEW!</b> Restorative Yoga (45 min) <i>Jenn</i>	

	Saturday	Sunday
8:30 AM	Detox Yoga Flow <i>Jenn</i>	
9:30 AM	Zumba <i>Joy</i> or Ride for 45* <i>Jana</i>	<b>NEW!</b> Cycle 800* <i>Kim</i>
10:30 AM	Chiseled <i>Jana</i>	



personal training | group exercise  
*Let the movement begin.*

ALL FITNESS LEVELS ARE ENCOURAGED TO ATTEND ANY CLASS!  
We pride ourselves on the ability to teach to participants who range from beginner to advanced, as well as those with physical limitations.

All classes are 55 minutes unless otherwise noted.

\*Class requires advanced sign up & is 45-minutes unless noted.