





# Group Exercise Class Schedule

## Summer 2010

July 6, 2010 - September 6, 2010

	Monday	Tuesday	Wednesday	Thursday	Friday
6:00 AM	<b>NEW!</b> Gone in 60 Seconds! (45 min) Michelle	Chiseled (45 min) Joy	5:15 AM Rise 'n' Shine Ride* (45 min) Daneil	Morning Mayhem (45 min) Joy	<b>NEW!</b> Rise 'n' Shine Ride* (45 min) Joy
9:15 AM		CyStrength* Joy	Yoga/Pilates Fusion Joy	CyStrength* Joy	Zumba Joy

	Saturday	Sunday
8:30 AM	Yin/Yang Yoga Linda	
9:30 AM	Zumba Joy or Ride for 45* Jana	
10:30 AM	Chiseled (45-min) Jana	



5:15 PM	Chiseled (45-min) Joy	Ride for 45* Daneil	Midweek Mayhem (45-min) Joy	<b>NEW!</b> Chiseled (45-min) Joy	
6:00PM	Zumba Joy or Ride for 45* Denise	<b>NEW!</b> Gone in 60 Seconds! Joy	<b>NEW!</b> Bliss Yoga (75-min) Wendy	<b>NEW!</b> Zumba Jana or Ride for 45* Joy	
7:00 PM	<b>NEW!</b> Stretch Therapy (30 min) Joy		<b>NEW!</b> ABSolution (30 min) Jana		



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

ALL FITNESS LEVELS ARE ENCOURAGED TO ATTEND!  
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.