

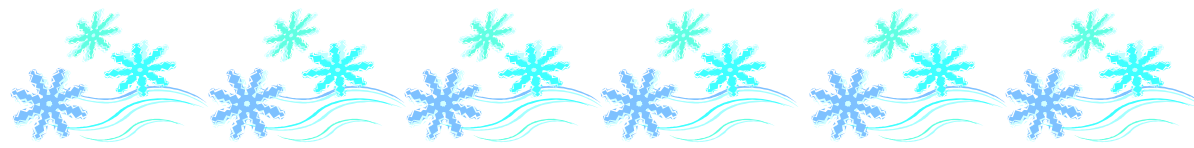
Group Exercise Class Schedule



Winter 2011/2012

December 6, 2011 - March 4, 2012

	Monday	Tuesday	Wednesday	Thursday	Friday
6:00 AM	Sunrise Yoga Flow (45 min) <i>Wendy</i>	Zumba (45 min) <i>Joy</i>	5:30 AM Rise 'n' Shine Ride* (45 min) <i>Daneil</i>	NEW! Morning Mayhem (45 min) <i>Joy</i>	NEW! 5:30 AM Chiseled (45 min) <i>Daneil</i>
9:15 AM	NEW! Circuit Conditioning <i>Becky</i>	CyStrength* <i>Joy</i>	Yoga/Pilates Fusion <i>Joy</i>	CyStrength* <i>Joy</i>	Zumba <i>Joy</i>

	Saturday	Sunday
8:15 AM	Yin/Yang Yoga (75 min) <i>Marcia</i>	Cycle 800* <i>Daneil</i>
9:30 AM	Zumba <i>Joy</i> or Ride for 45* <i>Nancy</i>	
10:30 AM	Chiseled (45-min) <i>Jana</i>	



5:15 PM	Chiseled (45-min) <i>Joy</i>	NEW! Basic Training <i>Daneil</i>	Chiseled (45-min) <i>Joy</i>	NEW! Zumba <i>Jana</i> or Ride for 45* <i>Denise</i>	
6:00PM	Zumba <i>Joy</i> or Ride for 45* <i>Skye</i>	NEW!	Zumba <i>Joy</i> or Ride for 45* <i>Daneil</i>	NEW! 6:15 PM Shanti Yoga (75 min) <i>Wendy</i>	
7:00 PM	NEW! Butts & Guts (30 min) <i>Joy</i>	6:15 PM Pilates <i>Nancy</i>	Stretch Therapy (30 min) <i>Joy</i>		



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.