

# WINTER~2015 (JAN - APR)

CLASS TIME	SUN.	MON.	TUES.	WED.	THURS.	FRI.	SAT.
5:45AM			BODY SHAPER <i>Michele T.</i>				
8AM		CARDIO DANCE LITE <i>Joy</i>	DANCING SNEAKERS <i>Cindy (8:30)</i>	ZUMBA LITE <i>Joy</i>	DANCING SNEAKERS <i>Cindy (8:30)</i>	CARDIO DANCE LITE <i>Joy</i>	BARBELL STRENGTH <i>Tina/ Michele T.</i>
9AM		BODY SHAPER <i>RoseMarie</i>	PILATES <i>Cindy (9:30)</i>	H.I.I.T. <i>Wendi</i>	STRENGTHEN & STRETCH <i>Joy (9:30)</i>	TAI CHI <i>Gary</i>	SWEAT SHOP <i>Kelly (9:30)</i>
10AM	BOOT CAMP <i>Kelly (10:30)</i>	GENTLE YOGA <i>Cindy 1 hr 15 min</i>			PILATES <i>Cindy (10:30)</i>	GENTLE YOGA/Cindy 1 hr 15 min <b>(10:30)</b>	
11AM							
Noon		BODY SHAPER <i>Darrell</i>					
1PM	YOGA Rotating 1/15mins						
4:30PM							
5:30PM		BARBELL STRENGTH <i>Kim</i>	Bootcamp <i>RoseMarie</i>	H.I.I.T. <i>Usman</i>	Bootcamp <i>RoseMarie</i>		
6:30PM		PILATES <i>Michele Souder</i>		BARBELL STRENGTH <i>Maria</i>			

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5:45AM		CYCLE <i>Wendi</i>		CYCLE <i>Kim</i>		CYCLE <i>Kim</i>	
8AM							CYCLE <i>Carol/ Rebecca</i>
9AM		CYCLE <i>Wendi</i>	STRENGTH & STRETCH <i>Joy (9:30)</i>	CYCLE <i>Rebecca</i>	YOGA <i>Cindy (9:30)</i>	CYCLE <i>Carol</i>	CYCLE <i>Carol/ Rebecca</i>
10AM	CYCLE <i>Carol (10:30)</i>						
11AM		CHAIR YOGA <i>VJ</i>		CHAIR YOGA <i>VJ</i>		CHAIR YOGA <i>Darrell</i>	
Noon		Qi GONG <i>Mary</i>	CYCLE <i>Rebecca</i>		CYCLE <i>Darrell</i>		
2PM							
4:30PM			YOGA <i>Cindy</i>		YOGA <i>Mary</i>		
5:30PM		CYCLE <i>Tamra</i>	YOGA <i>Cindy</i>	CYCLE <i>Wendi</i>	CYCLE <i>Rebecca (6:00)</i>		
6:30PM				GENTLE YOGA <i>Anita 1 hr 15 min</i>			