



Fall 2011
Group Fitness Schedule

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM		Bootcamp w/Pam or Mary	Yoga w/Linda	Bootcamp w/Pam or Mary	Yoga w/Linda	Bootcamp w/Pam or Mary	
8:30 AM		Total Body Fitness w/Liz 45 minutes		Total Body Fitness w/Liz 45 minutes		Total Body Fitness w/Liz 45 minutes	Yoga or Strength & Stretch
9:30 AM	Step w/Pamela	Cross Conditioning w/Bridgette	Step & Tone w/Pam	Step & Tone w/Mary or Brittany	Cross Conditioning w/Pam	Pure Step & Tone W/Bridgette	Cross Conditioning w/Alt Inst(9:35)
10:35 AM		Zumba w/Irene	Yoga w/Pam	Boogie & Burn w/Bridgette	Yoga w/Bridgette	Zumba w/Michelle	
11:40 AM -12:15			Intensity Training w/Wil		Intensity Training w/Wil		
5:00 PM		Body Blast w/Mary	Yoga w/Bridgette	Body Blast w/Mary	Cycling w/ Pilates w/Mary	Intensity Training w/Wil	
6:05 PM		Cross Conditioning w/Mary	Boogie & Burn w/Bridgett or Zumba w/Michelle	Cross Conditioning w/Pam	Z Flava w/Charlene		
7:05 PM		Pilates W/Mary		Yoga w/Pam			

Cycling Schedule

5:30 AM			Cycling W/Lyn		Cycling W/Mary		
8:30 AM							Cycling W/Pamela
9:30 AM		Cycling W/Pam	Cycling w/Kettle W/Mary	Cycling W/Pam	Cycling W/Lyn	Cycling w/Kettle W/Mary	
5:00 PM			Cycling W/Pam	Cycling W/Bridgette (5:30)	Cycling w/ Pilates W/Mary		
6:15 PM			Cycling W/Mary		Cycling W/Mary		
6:30 PM		Cycling W/ Pamela					