

# GROUP FITNESS SCHEDULE JULY 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30-6:15 am <b>Cycling</b> Sue	5:30-6:15 am <b>50/50: Cardio &amp; Strength</b> Sue	5:30-6:15 am <b>Cycling</b> Sue	5:30-6:15 am <b>50/50: Cardio &amp; Strength</b> Sue	5:30-6:15 am <b>Cycling</b> Sue	
8:15-9:00 am <b>Cycling</b> Jessica	8:15-9:00 am <b>Cycle &amp; Run</b> Telena	8:15-9:00 am <b>Cycling</b> Cathy	8:15-9:00 am <b>Cycle &amp; Run</b> Jessica	8:15-9:00 am <b>Cycling</b> Jessica	8:00-9:00 am <b>Weekend Warrior</b> Devin/Telena
8:15-9:00 am <b>50/50: Cardio &amp; Strength</b> Sandy	8:15-9:00 am <b>Body Sculpting</b> Tiffany		8:15-9:00 am <b>Body Sculpting</b> Sarah	8:15-9:00 am <b>50/50: Cardio &amp; Strength</b> Telena	9:00-10:00 am <b>Cycling: Long Ride</b> Shanna
9:00-9:15 am <b>ABS</b> Sandy	9:00-9:15 am <b>ABS</b> Tiffany	9:00-9:15 am <b>ABS</b> Melodie	9:00-9:15 am <b>ABS</b> Sarah	9:00-9:15 am <b>ABS</b> Telena	9:00-10:00 am <b>YogaPilates Fusion</b> Michelle
9:15-10:00 am <b>Zumba®</b> Whitney	9:15-10:00 am <b>Kickboxing</b> Melodie	9:15-10:00 am <b>Body Sculpting</b> Melodie	9:15-10:00 am <b>Cardio Blast</b> Tiffany	9:15-10:00 am <b>Zumba®</b> Devin	10:00-11:00 am <b>Zumba®</b> Marabeth
10:00-11:00 am <b>YogaPilates Fusion</b> Melodie		10:00-11:00 am <b>Power Yoga</b> Michelle		10:00-11:00 am <b>YogaPilates Fusion</b> Michelle	
11:15am-Noon <b>SilverSneakers®</b> MSRom: Melodie	11:15am-Noon <b>Low Impact</b> Melodie	11:15am-Noon <b>SilverSneakers®</b> MSRom: Melodie	11:15am-Noon <b>Low Impact</b> Michelle	11:15am-Noon <b>SilverSneakers®</b> MSRom: Sherri	
4:30-5:15 pm <b>Cycling</b> Telena		4:30-5:15 pm <b>Cycling</b> Mia/Shanna			
4:30-5:15 pm <b>Step</b> Melodie	4:30-5:15 pm <b>50/50: Cardio &amp; Strength</b> Tiffany	4:30-5:15 pm <b>Step &amp; Strike</b> Sandy	4:30-5:15 pm <b>Body Sculpting</b> Telena		
5:15-5:30 pm <b>ABS</b> Devin	5:15-5:30 pm <b>ABS</b> Tiffany	5:15-5:30 pm <b>ABS</b> Sarah	5:15-5:30 pm <b>ABS</b> Telena		
5:30-6:15 pm <b>Body Sculpting</b> Devin	5:30-6:15 pm <b>Kickboxing Bootcamp</b> Devin	5:30-6:15 pm <b>Body Sculpting</b> Sarah	5:30-6:15 pm <b>Zumba®</b> Marabeth		
5:30-6:15 pm <b>Cycling</b> Sherri	5:30-6:15 pm <b>Cycling</b> Mia	5:30-6:15 pm <b>Cycling</b> Devin	5:30-6:15 pm <b>Cycling</b> Telena		
6:15-7:00 pm <b>Zumba®</b> Devin	6:15-7:15 pm <b>YogaPilates Fusion</b> Rachel		6:15-7:15 pm <b>YogaPilates Fusion</b> Sandy		

**SUNDAY**  
2:00-3:00 pm  
**Cycling: Long Ride**  
Mike

**GYM HOURS**  
Monday-Thursday  
5:00am-11:00pm  
Friday 5:00am-8:00pm  
Saturday 7:00am-6:00pm  
Sunday 11:00am-6:00pm  
**CHILD CARE HOURS**  
Monday-Friday  
8:00am-Noon & 4:00-8:00pm  
Saturday 8:00am-Noon  
Sunday Closed

**EXTREME BOOTCAMP**  
Intense Large Group Training  
6 week program (18 sessions)  
August 2- September 10 \$99  
Mon, Wed, & Fri 5:30-6:30 am  
Mon, Wed, & Fri 8:00-9:00 am  
HURRY! Space is limited.  
Contact Devin 731-695-4136

**FIT KIDS Monday & Wednesday 10:30-NOON**  
Bring tennis shoes, gym clothes, swimsuit, towel, and water.