



JANUARY 2009



Group Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Cycling 5:30-6:15 am Sue	BODY SCULPTING 5:30-6:15 am Sue	Cycling 5:30-6:15 am Sue		Cycling 5:30-6:15 am Sue	
Cycling 8:15-9:00 am Telena	BODY SCULPTING 8:15-9:00 am Telena	Latin Dance 8:15-9:00 am Jenna	BODY SCULPTING 8:15-9:00 am Melodie	Cycling 8:15-9:00 am Devin	Weekend Warrior 8:00-9:00 am Alicia
ABS 9:00-9:15 am Telena	ABS 9:00-9:15 am Melodie	ABS 9:00-9:15 am Sandy	ABS 9:00-9:15 am Tiffany	ABS 9:00-9:15 am Devin	Yoga Pilates Fusion 9:00-10:00 am Alicia
50/50: Cardio & Strength 9:15-10:00 am Devin	STEP 9:15-10:00 am Melodie	BODY SCULPTING 9:15-10:00 am Sandy	Kardio Kickboxing 9:15-10:00 am Tiffany	50/50: Cardio & Strength 9:15-10:00 am Tiffany	Cycling & ABS 10:00-11:00 am Rotating
Yoga Pilates Fusion 10:00-11:00 am Sandy		Yoga Pilates Fusion 10:00-11:00 am Lisa		Yoga Pilates Fusion 10:00-11:00 am Melodie	
SilverSneakers® I 11:15 am-12:00 pm MSRrom: Melodie	Low Impact 11:15 am-12:00 pm Melodie	SilverSneakers® I 11:15 am-12:00 pm MSRrom: Melodie	Low Impact 11:15 am-12:00 pm Melodie	SilverSneakers® I 11:15 am-12:00 pm MSRrom: Melodie	SUNDAY Cycling & ABS 2:00-3:00 pm Mia
50/50: Cardio & Strength 4:30-5:15 pm Alicia	BODY SCULPTING 4:30-5:15 pm Tiffany	STEP & STRIKE 4:30-5:15 pm Alicia	50/50: Cardio & Strength 4:30-5:15 pm Melodie		GYM HOURS Monday-Thursday 5am-11pm Friday 5am-8pm Saturday 7am-6pm Sunday 11am-6pm
ABS 5:15-5:30 pm Alicia	ABS 5:15-5:30 pm Tiffany	ABS 5:15-5:30 pm Melodie	ABS 5:15-5:30 pm Alicia		CHILD CARE HOURS Monday-Friday 8am-12pm/4pm-8pm Saturday 8am-12pm Sunday Closed
BODY SCULPTING 5:30-6:15 pm Alicia	Kickboxing Bootcamp 5:30-6:15 pm Alicia	BODY SCULPTING 5:30-6:15 pm Melodie	STEP 5:30-6:15 pm Alicia		
Cycling 5:30-6:15 pm Devin	Cycling 5:30-6:15 pm Mia	Cycling 5:30-6:15 pm Alicia	Cycling 5:30-6:15 pm Telena		
Cardio Dance 6:15-7:00 pm Marabeth	Yoga Pilates Fusion 6:15-7:15 pm Alicia	CARDIO & CORE 6:15-7:00 pm Jill	Yoga Pilates Fusion 6:15-7:15 pm Sandy		
Cycling 6:15-7:00 pm Sherri					

POOL

HOURS

Monday-Friday

9:00am-7:00pm

Saturday

9:00am-6:00pm

Sunday

12:00pm-6:00pm

MONDAY	TUESDAY	WEDNESDAY
Fit Kids 5:30-6:15 pm Gym	Fit Kids 5:30-6:15 pm Gym	Fit Kids 5:30-6:15 pm Gym