

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30AM	TOTAL BODY COND. GAE	TOTAL BODY COND. AMBER	CYCLE JC		YOGA DEBBIE W		
8:00AM						STEP IT UP DEBBIE H	
8:30AM	CARDIO DANCE AMY  STEP IT UP DEBBIE W	CARDIO MIX MIMI	TOTAL BODY COND. ALLIE	TURBOKICK AMY	TOTAL BODY COND. DEBBIE W	CYCLE ANDREA	
9:00AM			SUSPENDED CIRCUIT TONI	AQUA CARDIO TONI	AQUA CARDIO TONI/ILA/KATHI	STRICTLY STRENGTH DEBBIE H	
9:30AM	YOGA DENISE  STRICTLY STRENGTH DEBBIE W	STRICTLY STRENGTH GAE	POWER PILATES MIMI  CYCLE GAE	STRICTLY STRENGTH AMY	CYCLE GAE		STRICTLY STRENGTH DEBBIE H/DENISE
10:00AM	CYCLE MARY AQUA CARDIO ILA	AQUA CARDIO ILA				PILATES/YOGA FUSION CAROL  AQUA CARDIO JENNIFER	
10:30AM		LOW IMPACT KIM	YOGA KELLY  BASIC STRENGTH MIMI		YOGA KELLY  BASIC STRENGTH KIM		YOGA FIROUZEH/DENISE
11:00AM				GENTLE AQUA MONICA	AQUA GYM ARLINE	TURBOKICK RACHEL	
11:30AM		GENTLE YOGA FIROUZEH		GENTLE YOGA FIROUZEH			
4:30PM	TOTAL BODY COND. DEBBIE H	INTERVAL DEBBIE H	TOTAL BODY COND. DEBBIE W	POWER PILATES DEBBIE H	<b>GROUP FITNESS SCHEDULE</b> Aqua Class \$ Fee  <b>Winter/Spring 2012</b>  Effective January 2 <sup>nd</sup> through April 30 <sup>th</sup>		
6:00PM	INDOOR BOOT CAMP EMILY  MAT PILATES ROCHELLE  SUSPENDED CIRCUIT KATHI	CYCLE EMILY  STRICTLY STRENGTH CAROL	INTERVAL DEBBIE H  PILATES/YOGA FUSION CAROL  AQUA CARDIO TONI	STRICTLY STRENGTH CAROL  MAT PILATES ROCHELLE			
7:00PM	ZUMBA  CYCLE ANNA	TURBOKICK RACHEL  YOGA DEBBIE/DENISE	ZUMBA	CYCLE DAVID			
8:00PM	YOGA STACIE		YOGA STACIE		Updated: 1.31.12		

**NEW!**

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