

August, 2010 Group Exercise Schedule

MONDAY	6:00-7:00 a.m.	Cycling	Deb
	8:15-9:15 a.m.	GROUP POWER®	Ann
	9:00-10:00 a.m.	<i>Water Interval</i>	Pam
	9:30-10:30 a.m.	Cycling Interval	Mary
	10:00-11:00 a.m.	<i>Arthritis Aquatics</i>	Pam
	10:30-11:30 a.m.	Chisel	Diane
	11:40-12:40 p.m.	SilverSneakers® Cardio Circuit	Maggie
6:00-7:00 p.m.	Boot Camp	Diane	
TUESDAY	8:15-9:15 a.m.	Cycling/Abs (45/15)	Ann
	9:00-10:00 a.m.	<i>Advanced Water Interval</i>	Hayley
	9:30-10:30 a.m.	GROUP CENTERGY®	Wen
	10:30-11:30 a.m.	GROUP KICK®	Diane
	5:30-6:30 p.m.	GROUP KICK®	Wen
	6:30-7:30 p.m.	GROUP POWER®	Laura
	WEDNESDAY	8:15-9:15 a.m.	GROUP POWER®
9:30-10:30 a.m.		Cardio Pump	Mary
9:30-10:30 a.m.		Cycling/Boot Camp (30/30)	Diane
10:30-11:30 a.m.		Yoga	Anneliese
11:40-12:40 p.m.		SilverSneakers® MSROM	Maggie
6:00-6:50 p.m.		KidsFit (upstairs)	Sherri
6:00-7:00 p.m.		Boot Camp	Ann
7:00-8:00 p.m.	GROUP CENTERGY®	Wen	
THURSDAY	8:15-9:15 a.m.	Cycling	Deb
	9:00-10:00 a.m.	<i>Advanced Water Interval</i>	Hayley
	9:30-10:30 a.m.	GROUP KICK®	Mary
	11:00-12:00 p.m.	<i>SilverSplash®</i>	Jean
	5:30-6:30 p.m.	GROUP KICK®	Wen/Diane
	6:30-7:30 p.m.	GROUP POWER®	Wen
FRIDAY	6:00-7:00 a.m.	Cycling	Deb
	8:15-9:15 a.m.	Boot Camp	Diane
	9:00-10:00 a.m.	<i>Water Interval</i>	Pam
	9:15-10:15 a.m.	Cycling	Deb
	9:30-10:30 a.m.	GROUP POWER®	Mary
	11:40-12:40 p.m.	SilverSneakers® MSROM	Pam
SATURDAY	7:30-8:30 a.m.	GROUP POWER®	Laura
	8:15-9:15 a.m.	Cycling	Ann
	8:45-9:45 a.m.	Cardio Pump	Mary
	10:00-11:00 a.m.	GROUP POWER®	Rotating
	10:00-11:00 a.m.	<i>Water Interval</i>	Rotating
SUNDAY	8:15-9:15 a.m.	Cycling	Laura
	8:30-9:30 a.m.	GROUP KICK®	Rotating
	9:30-10:45 a.m.	Yoga	Anneliese

*** Please arrive 10 minutes early to all GROUP POWER® classes to setup your station. Classes will start promptly at the time indicated.

Cycling classes in BOLD. *Water classes in italics.* Class changes highlighted
 + = New Class * = Time/Class change Updated: August 2, 2010