



Late Fall 2009 Group Fitness Classes

(Effective 11/23/09 ~ Subject to change)

New to class? Please arrive early so we can help.

Rev. 11-20-09

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
5:45 am	 5:45-6:45 (Kris) (Roll bikes to Gym)	 5:45-6:45 (Cassy) (Gym) 5:45-6:30 (Deb)	 5:45-6:45 (Cassy) 5:45-6:45 (Kris) (Roll bikes to Gym)	 5:45--6:45 (Cassy) (Gym) 5:45-6:30 (Deb)	 5:45-6:45 (Kris/Cassy)	
Various	 8:25-9:25 (Julie) 9:35-10:05 (Julie) (Roll bikes to gym)	 8:25-9:25 (Jay) (Outside in good weather) Cycle Fusion Ride 30 Core & Stretch 8:35-9:25 (Kris)	 8:25-9:25 (Traci)	 8:25-9:10 (Julie)	 8:25-9:25 (Estelle)	 8:15-9:00 <i>Butt's N Guts</i> 9:00-9:15 (Kris)
Various	Pilates Level 1 9:35-10:30 (Jody)	 9:35-10:35 (Natalie/Tina) Yoga Mix 9:30-10:15 (Kari) (Raquetball Court)	Cardio Mix 9:35-10:05 Awesome Abs 10:05-10:20 (Traci)		 9:35-10:20 (Estelle)	Pilates Mix Level 1-2 9:45-10:45 (Lisa)
12:15-1:15	 (Heidi/Traci)	Yoga Mix 12:15-1:00 (Roseanne)	 (Heidi)	 12:15-12:45 Abs & Stretch 12:45-1:00 (Traci)	 (Julie/Tammy)	
Various	1:30-3:30 Open Studio Cycle	1:30-3:30 Open Studio Cycle	1:30-3:30 Open Studio Cycle			*SUNDAY*
4:15	Double Step 4:15-5:00 Awesome Abs 5:00-5:15 (Tina)	 4:15-5:00 (Sandy)	 4:00 GP Technique 4:15-5:15 (Kris)	Cardio Mix 4:15-5:00 Abs & Stretch 5:00-5:15 (Cathy)	 4:15-5:15 (Pam)	
5:25	 5:25-6:10 (Kari)	 5:25-6:25 (Tammy)	Cardio Blast 5:25-6:20 (Kathy)	Power Yoga 5:25-6:25 (Roseanne)		 12:30-1:30 (Kristen/Racheal)
Various	Pilates Mix Level 1-2 6:30-7:25 (Lisa) 7:35-8:35 (Pam)	<i>Belly Dancing</i> 6:35-7:10 (Lisa) <i>Starts Dec. 1 KK will stay open until 7:15 pm</i>	Pilates on the Ball 6:30-7:25 (Lisa) 7:35-8:35 (Racheal)		***** <i>Please watch for Holiday time schedule changes...</i> *****	

Group Power: Purchase your Punch Card: \$30 for 15 classes or \$15 for 7 classes. Sign in @ Member Services before class. Class size is limited

Group Cycle: Reserve up to 2 hours in advance; early am classes may call @ 7:00 pm night before. Sat/Sunday classes may reserve @ 1:00 pm the day before. Call Member Services 829-4767 Class size is limited. Please be early to set bike up. Please dress appropriately, bring water and a sweat towel.

Cycle Flex Classes: If you are time crunched or are new to cycle and don't want to ride the entire scheduled time feel free to choose your length of ride let the instructor know and take time to cool down and stretch.

Open Studio Cycle Studio/bike usage available to independently ride. Obtain a bike pass from the front desk (bike orientation required) and ride during scheduled times.