

Summer Studio Fitness Classes

(Effective 5/27/08 ~ Subject to change)



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
5:45-6:45 am	5:45-6:45 (Cassy) 5:45-6:45 (Kris) (In Gym)	5:45-6:45 (Cassy) Cardio Circuit (Gym/Wgt room) 5:45-6:45 (Deb)	5:45-6:45 (Cassy) 5:45-6:45 (Kris) (In Gym)	5:45-6:45 (Cassy) Cardio Circuit (Gym/Wgt room) 5:45-6:45 (Deb)	5:45-6:45 (Kris)	
	7:25-8:10 (Julie)		7:40-8:10 (Karen)		7:25-8:10 (Racheal)	
Various Times	8:25-9:25 (Julie)	Outdoor Fitness (weather permitting) 8:25-9:25 (Estelle) 8:25-9:25 (Kris)	8:25-9:25 (Estelle)	8:25-9:10 (Julie)	8:25-9:25 (Traci)	8:00-9:00 (Rotation)
Various Times	Yoga Mix 9:35-10:35 (Kari) (Roll bikes to Gym) 9:35-10:10 (Traci)	9:35-10:35 (Natalie)	Cardio Blast/ Drums Alive 9:35-10:05 Awesome Abs 10:05-10:20 (Heidi)	9:35-10:35 (Natalie)	(Roll bikes to Gym) 9:45-10:20 (Traci) Pilates Mix 9:30-10:30 (Lisa)	9:15-10:15 (Kristen)
12:15-1:15	(Heidi/Estelle)	Yoga Mix Express 12:15-1:00 (Roseanne)	(Heidi)	12:15-12:45 (Estelle)	(Estelle/Julie/Tammy)	
Various Times	Double Step 4:15-5:15 (Dave)	4:15-5:00 (Sandy)	4:00 GP Technique 4:15-5:15 (Kris)	Cardio Combo 4:15-5:15 (Cathy)	3:45 GP Technique 4:00-5:00 (Pam/Karen/Racheal)	
Various Times	5:30-6:15 (Chris)	5:25-6:25 (Tammy)	Pilates Mix 5:25-6:25 (Lisa)	Power Yoga 5:25-6:25 (Roseanne)	5:15-6:00 (Karen)	
Various Times	Beg/Int Pilates Mix 6:30-7:30 (Lisa) 7:40-8:40 (Pam)	Karate YMCA Program (David)	6:35-7:20 (Racheal) 7:30-8:30 (Racheal)	Karate YMCA Program (David)		

Please arrive early to class.

** Advanced fast paced class

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 your bike 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.