

"Snapshot" Group Exercise Schedule

July 2010

MONDAYS

Time	Class	Room	Instructor
5:45am	Boot Camp	2	Jeannie / Jolene
6:00am	Sunrise Yoga	1	Janice
8:00am	Pilates*	1	Marilyn / Fran
8:15am	Cardio / Muscle	2	Theresa / Fran
9:10am	Seniors	1	Kathy L. / Kathy S.
9:20am	Zumba	2	Rachel
10:00am	Boxing 101	G	Bruce
10:20am	Body Blast	2	Theresa / Reety
12:00pm	Kettlebell Exp.	2	Andrew
4:15pm	Cardio Sculpt	2	Sean
5:30pm	Cycle	1	Giselle
5:45pm	Step / Sculpt	2	Mindy
6:35pm	Yoga	1	Brendan
6:50pm	Athletic Cond.	2	Sam / Kelly
7:00pm	Kettlebell Exp.	CC	Phillip

*No 8:00am Pilates Class - July 5

TUESDAYS

Time	Class	Room	Instructor
5:45am	Cycle	1	Randy
5:45am	Boot Camp	2	Bernie
6:35am	Sculpt Express	1	Randy
8:00am	Step	2	Mary/Christin/Theresa
9:00am	Cycle	1	Sean
9:10am	Core & More	2	Jeannie / Fran
10:15am	Body Sculpt	2	Sandy
10:15am	SilverSneakers I	1	Kathy S. / Allyson
11:15am	SilverSneakers I	1	Kathy S. / Allyson
12:00pm	Yoga	2	Becky / Mary
12:00pm	Boxing 101	G	Blake
3:30pm	Kid Zumba	2	Robin / Christin
4:15pm	Turbo Kick*	2	Theresa / Christin
5:30pm	Muscle Moves	1	Margaret
5:45pm	Step / Interval	2	Mindy / Reety
6:50pm	Zumba	2	Rachel/Mindy/Kath
7:30pm	Boxing 101	G	Phillip

*Kickbox Class only on July 6

WEDNESDAYS

Time	Class	Room	Instructor
5:30am	Cycle	1	Giselle
5:45am	Boot Camp	2	Jeannie / Jolene
8:15am	Body Power	2	Buffy / Theresa
9:10am	Seniors	1	Reety / Kathy S.
9:20am	Step & Abs	2	Theresa / Allyson
10:00am	Boxing 101	G	Bruce
10:15am	Yoga Stretch	1	Becky / Mary
10:20am	Zumba	2	Rachel
12:00pm	Kettlebell Exp.	2	Blake
12:00pm	Cycle	1	Giselle
4:15pm	Cardio / Sculpt	2	Sean
4:15pm	Yoga	1	Janice
5:45pm	Athletic Cond.	2	Sam
5:45pm	Cycle	1	Steve / Jim
6:30pm	Cycle	1	Steve / Jim
6:30pm	Step / Sculpt	2	Christy/Reety/Allyson
7:00pm	Kettlebell Exp.	CC	Phillip

THURSDAYS

Time	Class	Room	Instructor
5:45am	Cycle	1	Randy
5:45am	Boot Camp	2	Bernie
6:35am	Sculpt Express	1	Randy
8:00am	Hi / Lo	2	Theresa / Margaret / Fran
9:00am	Cycle	1	Sean
9:15am	Body Blast	2	Theresa / Andrea
10:15am	Body Sculpt	2	Jeannie / Sandy / Mary
10:15am	SilverSneakers I	1	Allyson / Kathy S.
11:15am	SilverSneakers I	1	Allyson / Kathy S.
12:00pm	Yoga	2	Becky / Sean
12:00pm	Boxing 101	G	Blake
3:30pm	Kid Zumba	2	Christin / Robin
4:15pm	Turbo Kick*	2	Theresa / Christin
5:30pm	Yoga	1	Brendan / Janice
5:30pm	Cardio Cond.	2	Phillip
6:50pm	Zumba	2	Katherine/Christin/Mindy/Robin
7:30pm	Boxing 101	G	Phillip

*Kickboxing Class on July 1 only

FRIDAYS

Time	Class	Room	Instructor
5:45am	Boot Camp	G	Jeannie / Jolene
6:00am	Sunrise Yoga	2	Janice / Crystal
8:00am	Pilates	1	Rene
8:15am	Cardio / Sculpt	2	Reety / Jeannie
8:15am	Boxing 101	G	Jessica
9:10am	Seniors	1	Reety / Kathy L.
10:15am	SilverSneakers 2	1	Kathy S. / Mary / Fran
10:20am	Zumba	2	Robin / Rachel / Sonia
12:00pm	Yoga	2	Becky / Sean
12:00pm	Cycle*	1	Giselle
4:15pm	Cardio / Sculpt	2	Sean

* No Cycle Class on July 2



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SATURDAYS

Time	Class	Room	Instructor
7:40am	Boot Camp	2	Phillip / Kelly
8:45am	Step 'N Sculpt	2	Mary / Reety / Christin / Mindy
8:45am	Pilates 2*	1	Angi / Fran / Jolene
9:45am	Pilates 1*	1	Angi / Fran / Jolene
9:45am	Body Power	2	Phillip / Sandy
10:50am	Zumba	2	Christin / Mindy / Robin / Sonia
11:00am	Cycle	1	Sean
12:15pm	Kettlebell Exp.	2	Phillip / Andrew

*No Pilates Classes on July 3 only. Yoga Class on 7/3 at 9:45am

SUNDAYS

Time	Class	Room	Instructor
1:40pm	Kid's Yoga	2	Becky / Mary / Pandora
1:45pm	Cycle	1	Giselle / Fran
2:20pm	Beginners Yoga	2	Becky / Mary / Pandora
3:15pm	Yoga	2	Becky / Mary / Pandora

Closed on July 4

"Snapshot" Water Exercise Schedule

July 2010

MONDAYS

Time	Class	Lane	Instructor
6:00am	Shallow Water	1-2	Renee
8:00am	Water Aerobics	2-4	Yvonne
8:00am	Hydrocycling*	Out	Rene M.
9:00am	Water Aerobics	3-5	Yvonne / Theresa
2:00pm	Water Aerobics	4-5	Fran
5:30pm	Water Aerobics	4-5	Kathy
5:30pm	Hydrocycling	Out	Sean

* Class begins July 12

TUESDAYS

Time	Class	Lane	Instructor
6:00am	Deep Water Aer.	1-2	Renee
9:00am	Deep Water Aer.	3-5	Sandy
9:00am	Hydrocycling	Out	Blake
12:00pm	Hydrocycling*	Out	Fran / Theresa
2:00pm	Circle of Hope	4-5	Nancy
5:30pm	Water Aerobics	4-5	Kathy

* Class begins July 13

WEDNESDAYS

Time	Class	Lane	Instructor
6:00am	Shallow Water	1-2	Renee
6:45am	Hydrocycling	Out	Jolene
8:00am	Water Aerobics	2-4	Yvonne
9:00am	Water Aerobics	3-5	Brianna / Theresa
11:15am	Hydrocycling*	Out	Brianna
2:00pm	Water Aerobics	4-5	Fran
5:30pm	Hydrocycling	Out	Sean

* Class begin July 14

THURSDAYS

Time	Class	Lane	Instructor
6:00am	Deep Water Aer.	1-2	Renee
9:00am	Deep Water Aer.	3-5	Renee
9:00am	Hydrocycling	Out	Blake
12:00pm	Hydrocycling*	Out	Fran / Theresa
2:00pm	Circle of Hope	4-5	Nancy
5:30pm	Water Aerobics	4-5	Kathy

* Class begins July 15

FRIDAYS

Time	Class	Lane	Instructor
8:00am	Water Aerobics	1-3	Theresa / Fran
9:00am	Water Aerobics	3-5	Yvonne
11:30am	Hydrocycling*	Out	Fran / Theresa

* Class begins July 16



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SATURDAYS

Time	Class	Lane	Instructor
9:00am	Aqua Fitness	4-5	Fran / Theresa
10:30am	Hydrocycling*	Out	Fran / Theresa

* Class begins July 17