

# "Snapshot" Group Exercise Schedule

March 2010

MONDAYS			
Time	Class	Room	Instructor
5:45am	Boot Camp	2	Jeannie / Jolene
6:00am	Sunrise Yoga	1	Janice
8:00am	Pilates	1	Margaret / Marilyn
8:15am	Cardio / Muscle	2	Fran
9:10am	Seniors	1	Kathy / Pat / Stephanie
9:20am	Zumba	2	Rachel B. / Robin
10:00am	Boxing 101	Gym	Bruce / Marc
10:20am	Body Blast	2	Reety
12:00pm	Kettle Bell Exp.*	2	Marc / Drew
4:15pm	Cardio Sculpt	2	Sean
5:30pm	Cycle	1	Giselle
5:45pm	Step / Sculpt	2	Mindy
6:35pm	Yoga	1	Brendan / Crystal
6:50pm	Athletic Cond. 2	2	Sam / Jeannie
7:00pm	Kettle Bell Exp.	CC	Phillip

\*March 8 - 29

THURSDAYS			
Time	Class	Room	Instructor
5:45am	Cycle	1	Randy
5:45am	Intervals	2	Fran
6:35am	Sculpt Express	1	Randy
8:00am	Hi / Lo	2	Margaret
8:00am	Cycle	1	Fran
9:00am	Cycle	1	Sean
9:15am	Body Blast	2	Andrea
10:15am	Body Sculpt	2	Buffy
10:15am	SilverSneakers I	1	Allyson
11:15am	SilverSneakers I	1	Allyson
12:00pm	Yoga	2	Becky
4:15pm	Boot Camp	2	Bernie
5:30pm	Yoga	1	Brendan
5:30pm	Cardio Cond.	2	Sam
6:30pm	Cycle	1	Sam
6:50pm	Zumba	2	Mindy / Katherine / Robin
7:30pm	Boxing 101	Gym	Phillip

TUESDAYS			
Time	Class	Room	Instructor
5:45am	Cycle	1	Randy / Jeannie
5:45am	Intervals	2	Bernie
6:35am	Sculpt Express	1	Randy / Jeannie
8:00am	Step	2	Mary
8:00am	Cycle	1	Rene
9:00am	Cycle	1	Sean
9:10am	Core & More	2	Jeannie / Katherine
10:15am	SilverSneakers I	1	Allyson / Stephanie
10:15am	Body Sculpt	2	Sandy
11:15am	SilverSneakers I	1	Allyson / Stephanie
12:00pm	Yoga	2	Becky
12:00pm	Boxing	Gym	Marc
4:15pm	Cardio Kick	2	Fran
5:30pm	Total Body	1	Margaret
5:45pm	Step / Interval	2	Reety
6:30pm	Pilates	1	Margaret
6:50pm	Zumba	2	Katherine

FRIDAYS			
Time	Class	Room	Instructor
5:45am	Boot Camp	G	Jeannie / Jolene
6:00am	Sunrise Yoga	2	Janice
8:00am	Pilates	1	Rene
8:15am	Cardio / Sculpt	2	Reety
9:10am	Seniors	1	Reety
9:15am	Intervals	2	Allyson / Catherine
10:15am	SilverSneakers II	1	Allyson / Fran
10:20am	Zumba	2	Sonia
12:00pm	Yoga	2	Becky
12:00pm	Cycle*	1	Giselle
4:15pm	Cycle*	1	Bernie
7:00pm	Boxing 101	G	Phillip

\*Not meeting on 3/12 due to Triathlon-athon



WEDNESDAYS			
Time	Class	Room	Instructor
5:30am	Cycle	1	Giselle
5:45am	Boot Camp	2	Jeannie
8:15am	Body Power	2	Mary
9:10am	Seniors	1	Reety
9:20am	Step & Abs	2	Allyson / Mary
10:00am	Boxing 101	Gym	Bruce / Marc
10:15am	Yoga Stretch	1	Becky
10:20am	Zumba	2	Rachel B. / Robin
12:00pm	Kettle Bell Exp.	2	Marc
12:00pm	Cycle	1	Giselle
4:15pm	Cardio / Sculpt	2	Sean
5:45pm	Athletic Cond. 2	2	Sam / Fran
5:45pm	Cycle	1	Steve
6:30pm	Cycle	1	Steve
6:30pm	Step / Sculpt	2	Reety / Allyson
7:00pm	Kettle Bell Exp.	CC	Phillip

SATURDAYS			
Time	Class	Room	Instructor
7:40am	Boot Camp	2	Phillip
8:00am	Athletic Cond. 1	1	Sam
8:45am	Step 'N Sculpt	2	Caprice / Allyson / Mindy
8:45am	Pilates 2	1	Margaret / Angi
9:45am	Pilates 1	1	Angi
9:45am	Body Power	2	Buffy / Fran
10:50am	Zumba	2	Sonia / Katherine / Mindy
11:00am	Cycle	1	Sean / Jeannie

SUNDAYS			
Time	Class	Room	Instructor
1:40pm	Kid's Yoga	2	Pandora / Janice / Crystal
1:45pm	Cycle	1	Giselle
2:20pm	Beginners Yoga	2	Pandora / Janice / Crystal
3:00pm	Cycle	1	Giselle
3:15pm	Yoga	2	Pandora / Janice / Crystal