




















Group Exercise Schedule Through September 12

	STUDIO 1	STUDIO 2	STUDIO 3 (Conf. Room)	STUDIO 4 (Upstairs)	CYCLE	AQUA
MONDAY					5:30 - 6:30 Cycle Jennisse	
	 8:30 Val	8:30 - 9:00 Ramp Strong Rita	 8:15 Linda			
	9:30 - 10:30 Stepin' Style Vin	9:00 - 9:45 Ramping Rita	9:30 - 10:30 Classical Pilates Martha		9:15 - 10:15 Cycle Blair	8:15 - 9:15 Cool Cardio Cond. Lori***
	10:30 - 11:30 Will Power & Grace Linda	10:30 - 11:30 X-Treme Sculpt Pat	 10:30 Al		Class may be split between lap and therapy pools.	9:15 - 10:15 Cardio Tone*** Lori
	 12:15 Al					10:15 - 11:15 Aqua Tone Kerri
		1:15 - 2:30 Integral Yoga Lynne				11:15 - 12:00 Poolates Christina
	 4:00 Rita	5:15 - 6:00 Ramping Rita				
	 5:00 Kerri	6:00 - 6:30 Ramp Strong Rita	5:00 - 6:15 Gentle Yoga Donna			6:15 - 7:00 Cardio Cross Kerri ***
	6:00 - 7:00 Cardio Kick Danielle	6:30 - 7:30 Bare Foot Body Work Christina			6:00 - 7:00 Cycle Sharon	***Indicates a class in the lap pool
	 7:00 Camille	7:45 - 9:00 Power Yoga Linda				7:00 - 8:30 Swim for Fitness Andy
 5:45 Al	5:45 - 7:00 Power Yoga Denise				***Indicates a class in the lap pool	
7:15 - 8:15 Intermediate Pilates Patti						
8:30 - 9:30 Hatha Yoga Deb C.	8:45 - 9:30 Chizzel It Pat			7:45 - 8:45 Cycle Sharon		
 9:30 Val	9:30 - 10:30 Cardio Kick Pat	9:30 - 10:30 Line Dance Debbie		9:15 - 10:15 Cycle Sharon	9:15 - 10:30 Super Splash Kerri ***	
 10:30 Shakira	10:30 - 11:00 Express Stretch Christine					
11:35 - 12:05 Express Stretch Christine	Valerie will cover this class through Aug.					
12:30 - 1:30 Gentle Yoga Michael				12:15 - 1:15 Cycle Kerri	11:00 - 12:00 Poolates Nicole	
1:30 - 2:30 Gentle Pilates Jaclyn	12:30 - 1:30 Feldenkrais Jaclyn/ Sue					
5:00 - 6:00 Boot Camp Pat/ Laura	3:45 - 4:45 Pilates Nicole					
 6:00 Tori	6:00 - 7:15 Hatha Yoga Natalia				6:00 - 6:45 Cardio Tone Christina***	
 7:00 Christina				7:00 - 8:00 Cycle Blair		
7:00 - 8:00 Boot Camp Laura				5:30 - 6:30 Cycle Nina	***Indicates a class in the lap pool	
 8:00 Rita/ Deb	9:00 - 9:30 Ramp Strong Rita	9:00 - 10:15 Power Yoga Deb		 9:15 Danielle		
9:15 - 10:15 Boot Camp Pat	9:30 - 10:15 Ramping Rita					
 10:15 Linda	10:15 - 11:15 Classical Pilates Martha				8:45 - 10:00 Cardio Cross Christina ***	
 11:15 Linda	11:20 - 12:10 Gentle Tai Chi Jaclyn				10:15 - 11:00 Aqua Arthritis Susan	
 4:00 Rita	1:30 - 2:15 Arthritis Exercise Terry				11:00 - 12:00 Poolates Nicole	
 5:00 Al	5:15 - 6:00 Ramping Rita				5:15 - 6:00 Cardio Tone Lori ***	
6:00 - 7:00 Step & Abs Roger	6:00 - 6:30 Ramp Strong Rita		6:00 - 7:00 Pilates Valerie	6:30 - 7:30 Cycle Blair	6:00 - 6:45 Aqua Sculpt Lori	
7:00 - 8:00 Cardio Ball Blast Danielle	7:00 - 8:15 Power Yoga Linda		7:15 - 8:30 Gentle Yoga Natalia		6:00 - 7:00 Competitive Stroke Swim	
 8:00 Maggie					7:00 - 8:30 Swim for Fitness Christine/ Debbie	