











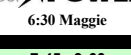








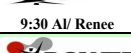




Group Exercise Schedule Through September 12th

	STUDIO 1	STUDIO 2	STUDIO 3 (Conf. Room)	STUDIO 4 (Upstairs)	CYCLE	AQUA
THURSDAY	5:45 - 6:45 Boxing Pat	5:45 - 7:00 Power Yoga Linda				***Indicates a class in the lap pool
	7:15 - 8:15 Classical Pilates Patti					
	8:45 - 9:45 Stepin' Style Vin	8:20 - 8:50 Express Stretch Christine				
	9:45 - 10:30 Muscle Definition Vin	9:00 - 10:15 Power Yoga Linda			9:15 - 10:15 Cycle Kerri	
	 10:30 Vin	10:30 - 11:45 Integral Yoga Jayadeva				9:15 - 10:30 Super Splash Lori***
	 11:30 Linda	11:50 - 1:00 Chair/ Gentle Yoga Jayadeva				10:35 - 11:20 Aqua Sculpt Kerri
	12:30 - 1:30 Gentle Yoga Michael		Valerie will cover this class through Aug.		12:15 - 1:15 Cycle Sharon	11:20 - 12:00 Poolates Christina
	5:00 - 6:00 Will Power & Grace Linda	3:45 - 4:45 Pilates Nicole				5:30 - 6:30 Gentle Tone Terry
	 6:00 Liza	6:15 - 7:15 Step & Abs Roger			6:15 - 7:15 Cycle Sharon	
	7:15 - 8:00 Boot Camp Danielle	7:20 - 8:20 Vinyasa Flow Yoga Christine				
FRIDAY	 5:45 AI				5:30 - 6:30 Cycle Lisa	***Indicates a class in the lap pool
	 8:30 AI	 8:00 Rita/ Deb			 6:50 AI	
	 9:30 AI	9:00 - 9:30 Ramp Strong Rita			9:15 - 10:15 Cycle Kerri	
	 10:30 Melissa	9:30 - 10:15 Ramping Rita	9:30 - 10:30 Intermediate Pilates Martha/ Patti			9:15 - 10:15 Cool Cardio Conditioning*** Lori
		10:30 - 11:30 Vinyasa Flow Yoga Christine				10:15 - 11:00 Aqua Sculpt Lori
	 12:15 AI	12:00 - 1:15 Gentle Yoga Donna				11:00 - 11:45 Aqua Arthritis Terry
	1:30 - 2:30 Gentle Pilates Nicole					
	 4:30 Linda					
	 5:30 Maggie				5:30 - 6:30 Cycle Blair/ Tori	Competitive Stroke Swim 6 - 7 PM
	 6:30 Maggie	6:20 - 7:35 Power Yoga Valerie				
SATURDAY	7:45 - 9:00 Boxing Pat		7:10 - 8:40 Power Yoga Denise		7:30 - 8:30 Cycle James/Tori	7:30 - 9:00 Swim for Fitness Aaron
		8:00 - 9:15 Hatha Yoga Kathleen/Rhonda	 8:45 Linda			
	9:00 - 10:10 Aerostep & Abs Katie/Jen/Roger	9:15 - 9:30 Introduction to Tai Chi Donna		9:00 - 10:00 Pilates Phil	9:00 - 10:00 Cycle Tori/ Sharon	9:00 - 9:45 Cardio Tone Christina/ Susan***
	 10:10 Kerri	9:30 - 10:30 Tai Chi Donna			10:10 - 11:10 Cycle Sharon	9:45 - 10:30 Aqua Sculpt Christina/ Susan***
	 11:15 Christina	10:30 - 11:30 Will Power & Grace Linda				10:30 - 11:30 Parent & Me
	 12:35 Tori	 11:30 Linda	These classes will be held in Studio 3 when possible.			3:00-5:00 Family Swim
	 7:25 Tori/ Tom					***Indicates a class in the lap pool
	 8:30 Tori	8:15 - 9:30 Sunrise Yoga Valerie	 8:30 Linda/AI			
	 9:30 AI/ Renee		9:30 - 11:00 Power Yoga Linda			9:15 - 10:15 Aqua Sculpt Lori
	 10:30 AI/ Renee				10:00 - 11:00 Cycle Tori	10:15 - 11:15 Cardio Tone Lori ***
 11:35 Danielle		11:45 - 1:00 Gentle Yoga Valerie			3:00-5:00 Family Swim	