

FITNESS CLASS SCHEDULE

STARTING FEBRUARY 6, 2012

	Monday	Tuesday	Wednesday	Thursday	Friday
6:00am	Cardio Toning/Step 60 Min Martha	Gentle Yoga 45 min Kat	Cardio Toning/Step 60 Min Martha	Gentle Yoga 45 min Kat	Cardio Toning/Step 60 Min Martha
7:45 am	Senior Stretch 45 min Hayley	Senior Stretch 45 min Paula	Senior Stretch 45 min Hayley	Senior Stretch 45 min Hayley	<u>7:15am</u> Senior Stretch 45 min Daniela
8:00 am					Power Stretch For All 40 min Daniela
8:45am	Circuit Challenge 75 min Julie	<u>8:30am</u> Yoga Sculpt 55 min Karen	Cardio Challenge 60 min Karen	Gentle Yoga 60 min Karen	Cardio Class 35 min Karen
9:00am					<u>9:20am</u> "Core Sculpt" 60 min 30 min of sculpt 30 min of pilates/ yoga Karen
10:00am	<u>10:15am</u> Total Body Sculpt 45 min Julie		<u>9:45am</u> Yogalates 30min Karen	<u>9:45am</u> Power Yoga 60 min Karen	
12:00pm				<u>11:30am</u> Cardio Dance/ Zumba Mix 60 min Martha	
5:00pm		Zumba Express 45 min Martha	Zumba Mix 60 min Martha		
5:45pm		Power Pump 60 min Amber/Pam		<u>5:30pm</u> Power Pump 60 min Amber/Pam	
6:15pm	Yoga 60 min Daniela		Yoga 60 min Daniela		
7:15pm	Youth Strength/Core 30 min Hayley		Youth Strength/Core 30 min Hayley		