

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
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**SUMMER 2009**

5:10-6:00 am <b>SPIN</b> Jackie	5:15-6:00 am <b>CHISLE</b> Connie	5:10-6:00 am <b>SPIN</b> Jackie	5:10-6:00 am <b>FUSION FITNESS</b> Connie	5:10-6:00 am <b>SPIN</b> Jackie	7:15-8:15 am <b>SPIN</b> ALL TERRAIN Connie	8:15-8:45 am <b>POWER SPIN</b> Emily
6:05-6:45 am <b>MUSCLE</b> Jackie	6:10-6:45 am <b>POWER SPIN</b> Connie	6:05-6:45 am <b>MUSCLE</b> Jackie	6:10-6:45 am <b>POWER SPIN</b> Connie	6:05 – 6:45 am <b>MUSCLE</b> Jackie	8:30-9:30 am <b>YOGA</b> Michelle	9:00-10:00 am <b>SPIN</b> Emily
9:00-10:00 am <b>YOGA</b> Paul	7:45-8:45 am <b>ZUMBA</b> Mina	7:45 – 8:30 am <b>MUSCLE MIX</b> Connie		7:45 – 8:30 am <b>MUSCLE MIX</b> Connie/Jackie	10:00-11:00 am <b>LO-IMPACT</b> <b>DANCE MIX</b> Mina	9:00-10:00 am <b>GENTLE</b> <b>YOGA</b> (ASR) Kelley
10:15-11:00 am <b>MUSCLE</b> Martina	9:00-10:00 am <b>BASIC</b> <b>STEP/SCULPT</b> Rachelle	9:00-10:00am <b>SPIN</b> Jody	9:15-10:15 am <b>PILATES</b> Mina	9:00 – 10:00 am <b>ZUMBA</b> Jody	11:15-12:15 am <b>SPIN</b> Cheryl	
11:05-12:15 pm <b>CARDIO</b> <b>KICKBOXING</b> Martina	10:15-11:15 am <b>SPIN</b> Connie	10:15-11:15 am <b>CARDIO-</b> <b>STRENGTH</b> Heather	10:30-11:25 am <b>KICKBOXING</b> Heather	10:15-11:05 am <b>SPIN</b> Noel	12:30-1:30 pm <b>FAMILY YOGA</b> (ASR) Paul	1:30 – 2:30 pm <b>ZUMBA</b> Lynda
	11:15-11:45 am <b>CORE</b> <b>CONDITIONING</b> Connie	11:20-12:20 pm <b>GENTLE</b> <b>LO-IMPACT</b> <b>AEROBICS</b> Maryjane	11:30– 11:45am <b>FOAM</b> <b>ROLLING</b> Heather	11:15-11:45 am <b>CORE</b> <b>CONDITIONING</b> Noel		
	4:00-4:45 pm <b>CROSS-FITT</b> Heather	1:45 – 2:45 pm <b>CHAIR YOGA</b> Kelly	4:00 – 4:45 pm <b>MUSCLE</b> Martina	4:00 – 5:00 pm <b>BARBELL</b> <b>PUMP</b> Noel		
4:15-5:00 pm <b>SPIN</b> Emily	5:00-6:00 pm <b>SPIN</b> Emily	4:00 -5:00 pm <b>BARBELL</b> <b>PUMP</b> Noel	5:00 – 6:00 pm <b>ZUMBA</b> Lynda	5:30 – 6:30 pm <b>SPIN</b> Matthew		
5:15-6:00 pm <b>MUSCLE</b> Lynda	6:15-7:15 pm <b>LO IMPACT</b> <b>DANCE MIX</b> Mina	5:30-6:30 pm <b>GENTLE</b> <b>YOGA</b> Lynda	6:15 – 7:15 pm <b>SPIN</b> Jody			
6:15-7:15 pm <b>CARDIO</b> <b>KICKBOXING</b> Martina	7:30-8:30 pm <b>YOGA</b> (ASR) Paul	7:00-8:00 pm <b>BASIC</b> <b>STEP/SCULPT</b> Rachelle	7:30 – 8:30 pm <b>TAE BO</b> Shannon			
7:30-8:30 pm <b>PILATES</b> Mina	7:30-8:30 pm <b>SPIN</b> Cheryl	8:15-9:15 pm <b>PILATES</b> Mina	7:30-8:30 pm <b>YOGA</b> (ASR) Paul	7:00-8:00 pm <b>YOGA</b> Michelle		