

| <i>Monday</i>  | <i>Tuesday</i>  | <i>Wednesday</i>                                       | <i>Thursday</i>                                    | <i>Friday</i>                                    | <i>Saturday</i>                            | <i>Sunday</i>  |
|--|---|--|--|--|--|--|
| <b>FALL 2009</b>                                     |   |  |  |  |  |  |
| 5:10-6:00 am<br><b>SPIN</b><br>Jackie                | 5:15-6:00 am<br><b>CHISLE</b><br>Connie                 | 5:10-6:00 am<br><b>SPIN</b><br>Jackie                  | 5:10-6:05 am<br><b>SUNRISE YOGA</b><br>Connie      | 5:10-6:00 am<br><b>SPIN</b><br>Jackie            | 7:15 – 8:15 am<br><b>SPIN</b><br>Connie    | 8:15-8:45 am<br><b>POWER SPIN</b><br>Emily           |
| 6:05-6:45 am<br><b>MUSCLE</b><br>Jackie              | 6:10-6:45 am<br><b>POWER SPIN</b><br>Connie             | 6:05-6:45 am<br><b>MUSCLE</b><br>Jackie                | 6:10 – 6:40 am<br><b>CORE</b><br>Connie            | 6:05 – 6:45<br><b>MUSCLE</b><br>Jackie           | 8:30 – 9:30 am<br><b>YOGA</b><br>Michelle  | 9:00 – 10:00 am<br><b>SPIN</b><br>Emily              |
| 9:00 – 10:00<br><b>YOGA (ASR)</b><br>Paul            | 7:45 – 8:45 am<br><b>ZUMBA</b><br>Mina                  | 7:45 – 8:30 am<br><b>MUSCLE</b><br>Connie              | 9:00 – 10:00 am<br><b>POWER YOGA (ASR)</b><br>Noel | 7:45 – 8:30 am<br><b>MUSCLE</b><br>Connie/Jackie |  | 9:00 – 10:00 am<br><b>GENTLE YOGA (ASR)</b><br>Kelly |
| 9:00 – 10:00<br><b>SPIN/CORE/YOGA</b><br>Connie      | 9:00 – 10:00 am<br><b>PILATES (ASR)</b><br>Mina         | 9:00 – 10:00<br><b>BASIC ZUMBA</b><br>Jody             | 9:00 – 10:00 am<br><b>PILATES</b><br>Mina          | 9:00 – 10:00<br><b>ZUMBA</b><br>Jody             | 9:35 – 9:55<br><b>CORE</b><br>Mina         |  |
| 10:15 – 11:15<br><b>CARDIO MIX</b><br>Martina        | 9:00 – 10:00 am<br><b>BASIC STEP/SCULPT</b><br>Rachelle | 10:15 – 11:15 am<br><b>CARDIO STRENGTH</b><br>Heather  | 10:15 – 11:15 am<br><b>KICKBOXING</b><br>Heather   | 10:15 – 11:05<br><b>SPIN</b><br>Noel             | 10:00 – 11:00<br><b>ZUMBA</b><br>Mina      | 1:00 – 2:00 pm<br><b>ZUMBA</b><br>Lynda              |
| 11:15 – 11:45 am<br><b>CORE</b><br>Martina           | 10:15 – 11:15<br><b>SPIN</b><br>Connie                  | 11:20 – 12:20<br><b>LO-IMPACT AEROBICS</b><br>Maryjane | 11:15 – 11:45<br><b>FOAM ROLLING</b><br>Heather    | 11:15 – 11:45<br><b>CORE</b><br>Noel             | 11:15 – 12:15<br><b>SPIN</b><br>Cheryl     |  |
| 10:30 – 11:30 am<br><b>CHAIR YOGA (ASR)</b><br>Kelly | 11:15 – 11:45<br><b>CORE</b><br>Connie                  |  | 4:00 – 5:00 pm<br><b>MUSCLE</b><br>Martina         |  | 12:30 – 1:30<br><b>FAMILY YOGA</b><br>Paul |  |
| 4:00 – 5:00 pm<br><b>BARBELL PUMP</b><br>Noel        | 4:00 – 4:50 pm<br><b>CROSS-FITT</b><br>Heather          | 4:00 – 5:00 pm<br><b>BARBELL PUMP</b><br>Noel          | 5:15 – 6:15<br><b>ZUMBA</b><br>Lynda               | 4:00 – 5:00 pm<br><b>BARBELL PUMP</b><br>Noel    |  |  |
| 5:15 – 6:15<br><b>SPIN</b><br>Noel                   | 5:00 – 6:00 pm<br><b>MUSCLE</b><br>Lynda                | 5:15 – 6:15<br><b>SPIN</b><br>Lynda                    | 6:30 – 7:30 pm<br><b>TAE BO</b><br>Shannon         | 5:30 – 6:30<br><b>SPIN</b><br>Matthew            |  |  |
| 6:30 – 7:30<br><b>FLOW YOGA (ASR)</b><br>Lynda       | 6:15 – 7:15 pm<br><b>ZUMBA</b><br>Mina                  | 6:30 – 7:30 pm<br><b>GENTLE YOGA (ASR)</b><br>Kelly    | 6:30 – 7:25 pm<br><b>PILATES (ASR)</b><br>Lynda    | 6:40 – 7:30 pm<br><b>ZUMBA</b><br>Christy        | 4:00 – 5:00 pm<br><b>SPIN</b><br>Debbie    |  |
| 6:30 – 7:30 pm<br><b>ZUMBA</b><br>Christy            | 7:30 – 8:30 pm<br><b>YOGA (ASR)</b><br>Paul             | 6:30 – 7:30 pm<br><b>BASIC STEP/SCULPT</b><br>Rachelle | 7:35 – 8:35<br><b>YOGA (ASR)</b><br>Paul           | 7:35 – 8:35 pm<br><b>YOGA</b><br>Stacey          |  |  |
| 7:45 – 8:45<br><b>PILATES</b><br>Mina                | 7:30 – 8:30 pm<br><b>SPIN</b><br>Cheryl                 | 7:45 – 8:45<br><b>PILATES</b><br>Mina                  | 7:45 – 8:45 pm<br><b>SPIN</b><br>Cheryl/Nancy      |  |  |  |