

Y GROUP EXERCISE

Group Ex.	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6-7a	Kick-Abs,Buns,Thighs (Ana)		Kick Abs,Buns,Thighs (Ana)		Kick Abs,Buns,Thighs (Ana)	8-9 AM Body Pump (Gale)
7-8a		Zumba (Lori)		Zumba (Lori)		9:15-10:15 Zumba (Stephanie)
8:30-9:30a	Cardio Funk (Hi/Lo) (Dani)	Cardio Sculpt (Darla)	Cardio Funk (Hi/Lo) (Dani)	Cardio Sculpt (Darla)	Cardio Funk (Hi/Lo) (Dani)	
9:45-10:45a	Zumba (Stephanie)	Step Circuit (Marlene)	Zumba (Lori)	Step Circuit (Marlene)	Zumba (Lori)	10:15-11:00AM Polynesian Dance 13 & up
11a-12p	Group Training (Marlene)	Pi/Yo Lunch (Marlene)	Group Training (Darla)	Pi/Yo Lunch (Marlene)	Group Training (Marlene)	Yoga (Molly)
12:15-1	Pilates (Darla)		Pilates (Darla)			
4:30-5:30p	Zumba (Lori)	Kickboxing (Natasha)	Zumba (Lori)	Kickboxing (Natasha)	Zumba (Stephanie)	
5:45-6:45	Body Pump (Natasha)	Zumba (Stephanie)	Body Pump (Natasha)	Zumba (Stephanie)	Yoga (Philip)	SUNDAY 10:30-11:30AM Parent/Child Karate
7-8p	Kickboxing (Crystal)	Step Circuit (Dani)	Step Circuit (Gale)	Step Circuit (Dani)	Body Pump (Lindsey)	

Multi Purpose	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6-7a		Cycle (Meggan)		Cycle (Meggan)		
7-8a						Cycle (Gale)
8:30-9:30a	Yoga (Shilo)		Yoga (Gale)		Yoga (Gale)	9:30-10:00AM Mommy & Me Dance (Ages 2-5)
9:45-10:45 a		Cycle (Gale)		Cycle (Meggan)	4:30-5p Hip Hop Ages 4-5 Hip Hop 5-5:30p Ages 9-12	
5-6p	Yoga (Shilo)	Karate Beg. 4:30-5:30 Inter. 5:45-6:45	Yoga (Shilo)	Karate Beg. 4:30-5:30 Inter. 5:45-6:45		Circuit Class Tue/Thur 6-7pm The Chapel (Fitness Floor) (Nick)
6:15-7:15p	Cycle (Gale)					
7:30-8:30p	Yoga (Gale)	Yoga Strength (Casey)		Yoga Strength (Casey)		

GYM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7-8a	Silver Sneakers (Gale)		Silver Sneakers (Gale)		Silver Sneakers (Gale)	
8:30-9:30a		Silver Sneakers (Marlene)		Silver Sneakers (Marlene)		
10:30-11:30a	Silver Sneakers (Gale)		Silver Sneakers (Meggan)		Silver Sneakers (Gale)	Updated 1/9/10
11-12a		Chair Yoga (Gale)		Chair Yoga (Meggan)		
1145-1230	Zumba Gold (Lori)		Zumba Gold (Lori)			



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