



Group Exercise Schedule

January 2009

Schedule start date: Jan 5, 2009

Mon	Tue	Wed	Thurs	Fri	Sat	Sun
			5:45am FitCamp <i>Beth</i>			
					8:30am FitCamp <i>Stephanie</i>	
	11:30am AbBlast (30min) <i>Jennie</i>		11:30am AbBlast (30min) <i>Jennie</i>		9:30am *Spinning <i>Christy</i>	
12:00pm Core Camp <i>Jennie</i>	12:00pm FitCamp (30min) <i>Jennie</i>	12:15pm <u>Yoga</u> <i>Nancy</i>	12:00pm FitCamp (30 min) <i>Jennie</i>		10:30am <u>Pilates</u> <i>Jen N.</i>	
	12:30pm PowerPump (30min) <i>Jennie</i>					11:00a *Spinning <i>Christy</i>
5:30pm *Spinning <i>Jen G</i>	5:30pm <u>Yoga</u> <i>Tracy</i>	5:30pm <u>Pilates</u> <i>Beth</i>	5:30pm PowerPump <i>Michelle</i>			
6:30pm Zumba <i>Vita</i>	6:30pm PowerPump <i>Michelle</i>	6:30pm FitCamp <i>Beth</i>	6:30pm <u>Yoga</u> <i>Tracy</i>			
	7:30pm TurboKick <i>Mocha</i>		7:30pm *Spinning <i>Val</i>			

Classes may be subject to change.

Yoga & Pilates- Please bring your own mat to these classes.