




JUNE/JULY 2010 GROUP FITNESS SCHEDULE

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	MONDAY			TUESDAY			WEDNESDAY			THURSDAY		FRIDAY			SAT
TIME	STUDIO A	CYCLE ROOM	POOL	STUDIO A	CYCLE ROOM	STUDIO A	CYCLE ROOM	POOL	STUDIO A	CYCLE ROOM	STUDIO A	CYCLE ROOM	POOL	STUDIO A	
7:45am	60 Tamara		Colleen					Colleen					Colleen		
8:00am			AQUA FIT 2 60					AQUA FIT 2 60		Leah	New		AQUA FIT 2 60		
8:30am		60		GROUP XPOWER 60						60				GROUP XPOWER	
8:45am		Ginger	Colleen	Ginger				Colleen		45			Tina 30		
9:00am			60 AQUA FIT 1			New		60 AQUA FIT 1		Dottie		SLIDE Tina 30	← limit 14	60 AQUA FIT 1	
9:30am	60			45 Jeri					60 GROUP XPOWER Susan			AB LAB Tina 30		45	
10:00am	Ginger		H2O4 ARTHRITIS 60	New Day				60 H2O4 ARTHRITIS					60 H2O4 ARTHRITIS		
10:30am													Don't FORGET!	60	
10:45am	60 Silver Sneakers Cardio Circuit			60 Silver Sneakers MSROM				60 Silver Sneakers Cardio Circuit		60 Silver Sneakers MSROM		60 Silver Sneakers Cardio Fit	<p>We're hosting a Certification on Saturday June 26. We will offer a 9:30am SPIN class to replace all other classes that day.</p> 		
11:00am	Ginger		AQUA PRIVATE	Susan		Karen		AQUA PRIVATE	Susan		Karen				
12:15pm															
4:30pm	CIRCUIT Tina/Nancy														
5:30pm	GROUP XPOWER Patricia	45 Scott		ZUMBA Natalie 60	45 Joel	60 GROUP XPOWER Connie	45 Ginger		60 CIRCUIT Joël	45 Scott	GROUP XPOWER				
6:30pm	Lyn	45 Scott		H.E.A.T. April 45		60 GROUP XPOWER Scott			30 AB LAB Joël	45 Emily	Instructors	rotate			

GYM HOURS Mon-Fri 24 Hours Sat-Sun 7:00am-6:00pm

CHILD CARE HOURS Mon-Fri 8:00am-1:00pm Mon-Fri 3:00pm-8:00pm Saturday 8am-1pm

770-535-2985

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