



Group Fitness

Revised Summer Schedule, July 7, 2008

(HEALTHTRACK RESERVES THE RIGHT TO REVISE THIS SCHEDULE AT ANY TIME)

TIME	STUDIO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM	1			Core Synergy^ Anne		Core Synergy^ Anne		
	3	Spin Jill				Spin Cheryl S.		
6:00 AM	1							
	2		Yoga I/II Marvin	Pilates – Mat Toning Balls Diana	Yoga I/II Marvin	Yoga Integrated Strength Anne		
	3		Spin Karen	Spin Anne	Spin Jaime			
7:00 AM	3						Spin Ann S.	
8:00 AM	1				Spin Diane		Cardio Mix Laurie	
8:30 AM	1	Having A Ball Tracy		Bosu Training Cheryl	Balanced Body Laura	Dynamic Muscle Motion Cheryl		
	2			Pilates Mat Inter. Tina			Pilates Mat Fusion Staff Rotation	
	3						Spin Jill	
	POOL		Waterworks Estelle		Waterworks Joanne		Waterworks Stephanie	
9:00 AM	1						Super Sculpt* Laurie	
	2							
	3							Spin Staff Rotation
	3	Spin Sabrina				Spin Cheryl S.		
9:15 AM	POOL	Waterworks Jennifer		Waterworks Estelle		Waterworks Joanne		
9:30 AM	1	Boxing Circuits Tracy	Hard Core Conditioning Diane	Multiple Step Laurie	Jump & Pump Laura	Drills Jackie		
	2	Yoga I/II Rebecca	Pilates Mat Inter. Angie	Power Yoga+ Monica	Pilates – Mat Toning Balls Diana	Yoga I/II Karol	Yoga II Mary C.	
	3		Spin Melisa	Spin Sabrina	Spin Diane			
10:30 AM	1		Pump* Jackie		Pump* Jackie	Bosu Pilates Donna		
	2	Pilates Mat Fusion Diana			Yoga I Karol		Power Yoga Karol	
10:45 AM				Yoga I/II Monica				
11:30 AM	1					Oasis Christine		
	2							
2:15 PM	2						Yoga I/II Derek	
5:30 PM	1	Abs, thighs & Glutes Cheryl	Boxing Circuits Tracy	Having A Ball Jackie				
	2		Intro.+ To Pilates Mat Angie	Yoga I/II Derek	Pilates – Mat Toning Balls Diana			
	3			Spin Melisa W.				
	POOL		Waterworks Linda J.		Waterworks Stephanie			
6:30 PM	1		Super Sculpt* Tracy	Bosu Pilates Donna	Pump* Jackie			
	2	Yoga I/II Marina			Yoga I/II Staff rotation			
	3	Spin Tricia	Spin Ann S.		Spin Tricia			
7:30 PM	2	Intro.+ to Pilates Mat Tina	Yoga I Derek		\$ Karate \$ (Studio 1)			

*All classes are 60 minutes unless otherwise indicated:
 - 15 min. ^30 min. *45 min. +75 min. ++90 min.*

*\$\$denotes classes that are fee-based. Please see Registration Desk for details!
 Cheryl McDermott, Group Fitness Director 942-9600, ext. 508*