

FITNESS CLASS SCHEDULE - Fall 2009 (begins Sept. 8th)

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
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Class schedule is subject to change based on attendance.

		Cycling 8:00am-Christy	Yogalaties 8:00am-Linda	Circuit/Balance 8:00am- Christy		Cycling 8:00am-Christy
	Aqua 9:00am- Linda	Aqua 9:00am-Pamela	Aqua 9:00am - Pamela		Aqua 9:00am - Pamela	Aqua 9:00am- Pamela
Cycling 9:00am- Lori/Sam	Fit Ball 9:00am- Sindy	Straight-Up Strength 9:00am- Christy	Step-erobics 9:00am-Linda	Cycling 9:00am- Christy	Cardio Mix 9:00am- Christy	Kickboxing 9:00am - Christy
Yoga 10:00-Lori/Sam	Yoga 10:00-Sindy	Exerobics 10:00am- Linda	Dance Cardio 10:00am Pamela	Hard Core 10:00am- Christy	Power Stretch 10:00am(30)- Christy	Body Sculpt 10:00am-Christy
					Dance Cardio 10:30am- Pamela	
				Aqua 4:00pm- Pam		
	Cycling 6:00pm- Christy	Yoga 5:00pm- Pam	Yogalaties 5:00- Samantha	Yoga 5:00pm- Pam		
	Arms & Abs 7:00(30) - Christy	Pilates 6:00pm(30)-Pam	Cycling 6:00pm- Samantha	Pilates 6:00pm(30)- Pam		

No lap swimming will be allowed during Aqua Classes.

Group Classes teach to the group. Please individually modify any exercises to suit your abilities and needs.

Please sign up for Cycling Classes at the Spa front desk within 24 hours of class. Please do not enter Cycling Class once it's started.