

FITNESS CLASS SCHEDULE - Jan 4, 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
---------------	---------------	----------------	------------------	-----------------	---------------	-----------------

Class schedule is subject to change based on attendance.

	Aqua- 9:00am- Jessica	Cycling 7:30am-Christy		Circuit/Balance 8:00am- Christy		Cycling 8:00am-Christy
	Fit Ball 9:00am- Sindy	Body Pump 8:30am- Christy	Aqua 9:00am - Pamela	Cycling 9:00am- Christy	Aqua 9:00am - Pamela	Aqua 9:00am- Pamela
Cycling 9:00am- Lori/Sam	Yoga 10:00am- Sindy	Aqua 9:00am- Pamela	Dance Cardio 10:00am- Pamela	Body Pump 10:00am- Christy	Cardio Mix 9:00am- Christy	Kickboxing 9:00am - Christy
Yoga 10:00-Lori/Sam					Power Stretch 10:00am(30)- Christy	Body Pump 10:00am-Christy
					Dance Cardio 10:30am- Pamela	
			Yoga 5:00(30)- Samantha	Aqua 4:00pm- Pam		
	Cycling 5:30pm- Christy	Yoga 5:00pm- Pam	Cycle 5:30- Samantha	Yoga 5:00pm- Pam		
	Body Pump 6:30 - Christy	Pilates 6:00pm(30)-Pam	Body Pump 6:30pm- Valerie	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 Body Pump and Cycling Classes at the Spa front desk within 24 hours of class. Please do not enter either class once they're started.