

MONDAY				
AM	5:15	20/20	Harold	A
	8:15	40/15 Trek & Abs	Christa	F
	9:30	Strength	Christa	A
	11:00	Silver Sneakers	Wendy	A
PM	12:00	Cycle	Janet	S
	4:00	Pilates	Jenny Lou	M
	4:30	Power Pilate Kickbox	Christa	A
	5:30	Cardio Fit Mix	Dorothy	F
	5:30	Step Challenge	Maggie	A
	6:30	Cycle	Dorothy	S
	6:30	Rep Reebok	Harold	A
	7:00	Family Fitness Dance	Judy	M

THURSDAY				
AM	8:15	Body Fusion	Christa	A
	9:30	Cycle	Wendy	S
	9:30	Pilates	Christa	A
	11:00	Fit After 50	Wendy	A
PM	4:00	Trekking	Christa	F
	4:00	Kardio Kids	Andrew	A
	4:00	Pilates	Jenny Lou	M
	5:30	Yoga	Beth	M
		(1st and 3rd Power Yoga)		
	5:30	Pilates	Christa	A
	6:00	Endurance Trek	Dorothy	F
*	6:30	Tae Kwon Do	Judy	A

TUESDAY				
AM	5:15	Cardio Craze	Harold	A
	8:15	Yogalates	Christa	A
	9:30	Cycle	Dorothy	S
	9:30	Zumba	Nanani	A
	11:00	Fit After 50	Wendy	A
	1:00	Pilates w/ a Purpose	Jenny Lou	M
PM	4:00	Kardio Kids	Christa	M
	5:00	Yoga Stress Release	Joe	M
*	5:00	Running Club	Dorothy	G
	5:30	Pilates Fusion	Christa	A
	6:30	Endurance Trek	Dorothy	F
*	6:30	Tae Kwon Do	Judy	A

FRIDAY				
AM	5:15	Interm. Cycle/Reebok	Harold	S
	9:00	Cycle	Christa	S
	10:30	Pilates	Christa	M
	11:00	Silver Sneakers	Jenny Lou	A
PM	6:00	Zumba	Rotation below	A
*	7:00	Free Ballroom Dancing (Tango/Hustle)	David	A
		<i>F = Fitness Floor</i>		
		<i>S = Spinning/Cycle Room</i>		
		<i>A = Aerobics Room</i>		
		<i>M = Multipurpose Room</i>		
		<i>H = Hammond's Ferry</i>		
		<i>G = Greenway</i>		
		Zumba Rotations		
		Nanani 1st & 3rd		
		April 2nd & 4th		

WEDNESDAY				
AM	5:15	RepReebok	Harold	A
	8:15	40/15 Trek & Abs	Christa	F
	9:00	Cycle	Christa	S
	11:00	Silver Sneakers	Wendy	A
PM	12:00	Cycle	Myles	S
	4:00	Kids Zumba	David	M
	5:00	Pilates kickboxing	Christa	A
	5:15	Cycle	Dorothy	S
	5:30	Yoga	Beth	M
	6:15	Core Strength	Dorothy	A
	7:00	Zumba	Judy	A

SATURDAY				
4th	8:30	Cycle Reebok	Harold	S
	9:45	Rep Reebok	Harold	A
	10:30	Yoga Ball	Natalie	M
11th	8:30	Trekking	Dorothy	F
	9:45	Strength	Dorothy	A
	10:30	Yoga Ball	Natalie	M
18th	8:30	Cycle Reebok	Harold	S
	9:45	Rep Reebok	Harold	A
	10:30	Yoga	Beth	M
25th	8:30	Trekking	Dorothy	F
	9:45	Squat Mania	Dorothy	A
	10:30	Pilates	Christa	M

Classes and Times are Subject to Change

* FEE for Class

September 2010

* FEE for Class